



Q&A

Is it true that distance running makes varicose veins worse?

Absolutely not, says Dr. Luis Navarro, director of the Vein Treatment Center in New York City. In fact, running actually improves and helps prevent spider and varicose veins. "Distance running is very good for varicose veins," Navarro explains. "When you run, the venous muscles in the calves and the feet pump the blood through the veins to the heart." Blood can flow freely, helping keep veins healthy. "More than 50 percent of women develop varicose veins and spider veins as they age," he says. Sclerotherapy has been used to eradicate spider veins for more than 150 years. The veins are injected with a chemical compound, causing them to shrink and eventually dissolve. According to Navarro, "Sclerotherapy is just a 10-minute procedure, and you can go back to running the next day." If you are plagued with varicose veins, make an appointment with a phlebologist. "Look for an AMA-approved specialist, someone who is board certified by the American College of Phlebology (phlebology.org)."

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