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BLUE BLOOD

Nearly half of women have varicose veins in their legs or feet. Improving your circulation can make them less noticeable. So try these suggestions from Luis Navarro, M.D., medical director of the Vein Treatment Center in New York City.

» Don't cross your legs while sitting. Keep feet flat on the floor or prop them up on a footrest.

» Sitting or standing still all day makes varicose veins worse. Walk for five minutes every hour.

» Buy pantyhose with 17 to 22 mmHg of pressure at compressionstockings.com (about \$20).

WHEN TO CALL THE DOC If you still don't like your bulging blues, ask your physician about light or laser therapy, sclerotherapy (which involves a liquid injection), surgery or other cosmetic treatments. Insurance may cover the cost.

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FAMILY VOLUNTEERING
A GUIDE TO GETTING INVOLVED

