

## Summer Health Tips: Prevent Spider Veins



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**50% of women have spider veins**, and most will eventually form them. Fortunately, they are easy to treat.

### Here are some Summer Circulatory Tips

- If you have already begun seeing spider veins, wear mild compression stockings (15-20mmhg) to prevent more
- Drink lots of fluids. Staying hydrated promotes good circulation
- If traveling by plane, stand up and walk up and down the aisle for few minutes. If traveling by car, stretch at rest stops
- Rise up and down on the tip of your toes while standing to promote circulation in the lower body
- Avoid High Salt Foods: Unhealthy foods packed with salt can cause constipation, which puts pressure on the venous system
- Stay Active
- Avoid Alcohol: Alcohol is dehydrating, especially when traveling by air. Dehydration is not good for circulation.
- When sitting, flex and extend your ankle and rotate your ankle



#### About Luis Navarro, M.D.

#### Diplomate: American Board of Phlebology

Dr. Luis Navarro, Director of The Vein Treatment Center in New York, NY, and one of the most well-respected and established physicians in the country, has devoted his life's work to the treatment of venous disorders (varicose and spider veins). He founded the Vein Treatment Center in 1982, where he currently holds his practice. He developed a novel painless approach to treating varicose veins called Modern Sclerotherapy that merges minimally noninvasive techniques to achieve the maximum cosmetic results. Dr. Navarro's facility, the Vein Treatment Center, remains one of first and only facilities exclusively devoted to the treatment of venous disorders.