

HINTS FOR SYMPTOM RELIEF

There are many things one can do to decrease or minimize the symptoms of venous insufficiency or the backward flow of blood in the lower legs. Regular exercise, especially walking, helps in the upward flow of blood in the deep vein system and decreases the chance for pooling of blood within the calf or thigh musculature. Walking, of course, and regular exercise is good to keep trim and fit as added weight, especially around the abdominal cavity tends to restrict blood return from the legs, thus worsening the problem. Periodic leg elevation higher than one's heart will also promote venous drainage of blood out of the legs collapsing the veins and taking off the stretching discomfort that accompanies venous hypertension. Simply placing some old pillows or blankets between the mattress and box spring at the foot of one's bed will greatly help proper drainage during sleeping hours. This is much more effective than trying to put your legs on top of pillows as one's legs never seem to remain there during the night. Medical grade compression stockings (reference "*compression stocking*" section) are also a wonderful way to lessen the symptoms and may also slow down the progression of the venous insufficiency problems. Ultimately, accurate diagnosis and proper treatment of venous insufficiency is the best way to relieve symptoms from this chronic and nagging problem.

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