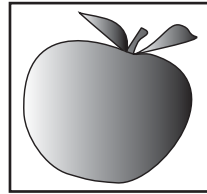
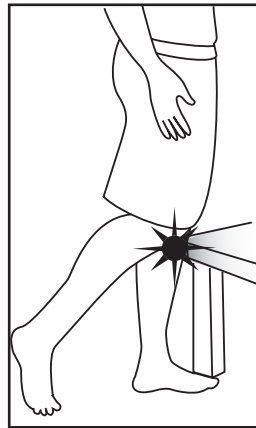


- Excessive weight is a burden on the heart, the arteries and veins. Eat a balanced diet.



- Inactivity can lead to formation of blood clots in people with healthy veins as well as diseased veins.



- Exercise regularly to keep leg muscles active.
- Avoid skin injuries – protect your legs whilst walking, gardening, and travelling. Keep objects, furniture etc. Out of passage ways in the home to avoid "bumps" and "falls".
- Get in the habit of checking your legs 2-3 times a week for breaks in the skin.
- Even the smallest skin tear needs to be cleaned and covered. You need to consult your doctor for follow up care.

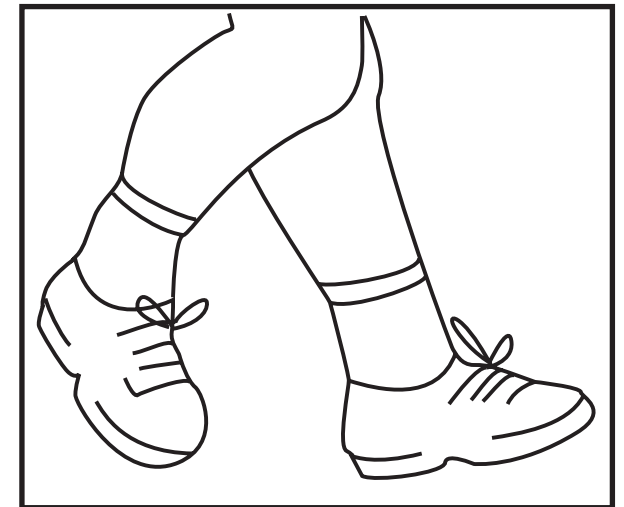
- If you are a diabetic check your feet regularly and be sure to visit your doctor if you have a break in the skin.
- Watch for any pressure areas caused by footwear or clothing.

#### If Your Doctor/Nurse Wants You To Rest

- keep the foot of the bed raised.
- move the legs frequently
- breathe in/out deeply at regular intervals
- if you have any sudden calf pain or any unusual swelling, inform your doctor

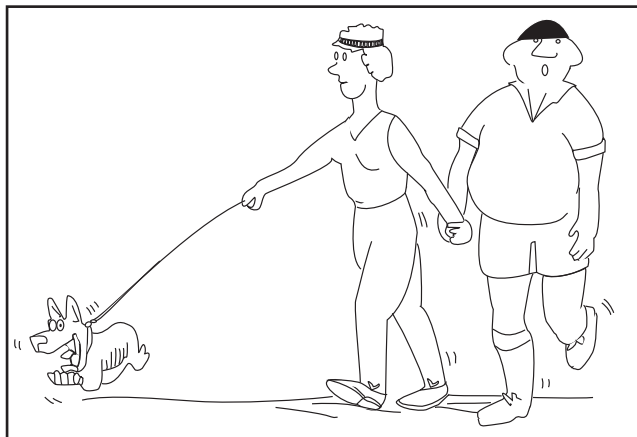
**REMEMBER:**  
**PREVENTION AND EARLY INTERVENTION**  
will help stop a problem from getting worse.

# LOOKING AFTER YOUR LEGS



- Our blood supplies nutrients to all parts of our body through our arteries.
- Our veins carry waste products back to those parts of our body, which will destroy and eliminate them.
- Healthy veins, with strong calf muscles, help the blood in our legs go "uphill" when we sit, stand and walk.
- If we have veins that are not working properly, blood will congest or gather in our legs.
- This can lead to:

- varicose veins (high pressure in veins)
- swollen legs (oedema)
- leg ulcers
- danger of blood clots



### How Can Congestion in the Legs Be Avoided

- By moving the calf muscle to help the veins pump the blood to the heart.
- By keeping legs in a raised position when sitting or lying down.
- By wearing medical graduated compression stockings or bandages that are prescribed by your doctor.



### Some Practical Tips To Help Prevent Potential Problems

- Avoid sitting and standing for long periods. It is better to lie down with legs up or walk briskly about.
- Frequently move the feet up and down if you need to sit or stand.

- Putting your legs up takes the load off your veins.
- Check with your local doctor about raising the foot of the bed (using blocks).
- Medical graduated compression stockings worn during the day can be removed at night.
- Support stockings or other stockings may not be adequate. Check with your doctor or specialist about the best treatment.
- Avoid excessive heat.
  - no hot baths
  - no sunbathing
  - never let your legs get sunburnt
  - luke warm water is better if you have poor circulation in your legs, turn electric blanket off at night.

