• 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.
• 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.