

Varicose veins - the best cure is prevention

Varicose veins – they can hurt and, well, let's face it. They're not exactly pretty, are they? So how can we prevent varicose veins?

While certain factors including age, genetics and whether or not you're pregnant can play a huge role in whether or not you'll get varicose veins, there are certain lifestyle changes that can help prevent varicose veins. Varicose veins are twisted, enlarged veins, especially in the lower legs caused by over-pressured veins.

The best cure is prevention. So start standing up straight! Good posture can help prevent varicose veins.

Maintaining an ideal body weight will also help you to prevent varicose veins. When we are overweight more pressure is placed on our entire circulatory system, including the veins in the legs.

Something very popular that can contribute to the development of varicose veins is crossing your legs. Next time you sit down remember not to cross your legs, and if your legs are crossed right now un-cross them! You'll be helping yourself prevent varicose veins.

If you want to prevent varicose veins take it upon yourself to take part in some light exercise each week. Activities such as walking, cycling and swimming help to boost circulation without adding unnecessary pressure to the veins.

Okay, so I know they're fashionable, but high heels are really bad for you! If you want to prevent varicose veins kick the high heel habit now! Wearing high heels adds a lot of undue stress to your lower legs, which can, in turn, contribute to the cause of varicose veins.

In order to prevent varicose veins you should also avoid wearing clothes that are tight on the crotch, waist and legs, stretch your legs when sitting for long periods of time and wear mild compression pantyhose if you are required to stand for long periods of time.

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