

Take charge of varicose veins



Diet  
Exercises  
FAQs



COMPRESSION  
STOCKINGS.IN

"India's 1st online store for compression stockings"



### **From the editor:**

I have been in the healthcare industry from the past 18 years. I have been a part of the transition from words like varicose veins, spider veins were hardly heard of and now when there are close to 1600 google searches a month!

India has started taking lifestyle seriously. Green tea and wheat bread has changed the breakfast concept in India. We have begun to understand that medicines alone do not cure/prevent the medical condition lifestyle/diet also plays a very important role in it.

I have been selling compression stockings for varicose veins, DVT, Pregnancy for almost 9 years now. The most frequently asked question is what are the diet they need to have to prevent further destruction, exercise if that helps in doing the same, is stockings going to be a part of this life forever now? and many more of these.

In this book, I have explained the necessary diet, exercises and the most frequently asked questions one has wrt to varicose veins.

## DIET

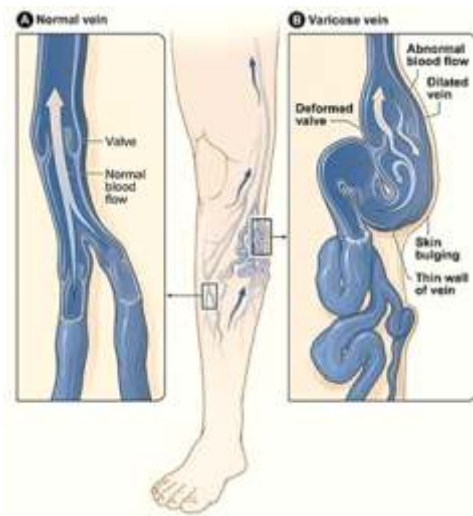
Let us begin from the basics.

The probable reasons for the formation of Varicose veins include when the calf vein valves are weak or the pumping capacity of the valves are low allowing bi-direction flow of blood resulting blood pooling of the superficial veins.

To read in detail about varicose veins please click [here](#).

Transportation of blood is major part of the vascular system.

Like most medical condition nutrition forms a major part in healing and enhancing your health.



To help in strengthening your vascular system, your diet should be rich in Vitamin C, B, B6 and B12 and enriched with fiber.

Vitamin C: Collagen fibers help strengthening the walls of your blood vessels and heart, preventing tears or ruptures. Vitamin C helps your body produce this collagen. Therefore Vitamin C plays a very important role in maintain the cardiovascular system.

Source: Citrus fruits are a rich source of Vitamin C

**Vitamin B :** Vitamin B help treat and prevent varicose veins by strengthening blood vessels. The B vitamins include thiamin, riboflavin, niacin, folate (folic acid), vitamin B6, vitamin B12, biotin and pantothenic acid.



Vitamin B6 help in preventing recurrence of blood clots. Therefore people having family history of varicose veins are often recommended vitamin B6.

**Source:** Vitamin B6 can be found in Bananas, Pistachios, Fish etc.

**Vitamin B12 :** Oxygen transportation in the bloodstream depends on a protein called hemoglobin. This is the protein that binds to the oxygen from the air you breathe into your lungs, then releases that oxygen once your blood has reached other areas of your body. Vitamin B-12 helps you produce hemoglobin. Therefore, vitamin B-12, or cobalamin, nourishes your cardiovascular system.



**Source :** Milk, Yogurt are rich in Vitamin B12.

**Fibre :** Constipation creates a greater pressure in the veins in the lower rectum. This will increase the damage to the veins and the potential to develop hemorrhoids and varicose veins. A fibre rich diet helps you prevent constipation and enhance the circulation in the body.



**Source :** Dates, Broccoli, Beans are a good source of Fibre

**Sodium:** The water retention caused by eating too much sodium

increases the volume of blood flowing through your veins, exerting more pressure on the valves. Over time, can weaken the veins, leading to varicose veins.

Water, Water and Water!

Hydrate yourself well. Ensure that you are drinking sufficient amounts of water as dehydration can cause the tissues to hold onto excessive amounts of fluids causing dilation of veins.

Since we have understood this. Let us make our diet plan!

Keep yourself well hydrated at all times



Spinach



Broccoli



Citrus fruits



Strawberries



Tropical fruits



Whole wheat bread

## EXERCISES

One of the main reasons to be developing varicose veins are long hours of standing or sitting. The blood circulation is hampered by this. Exercising your body helps in better blood circulation thereby in preventing further destruction of the calf valves.

Exercises here does not mean going to the gym! It means keeping your body activated and moving the muscles! Let us start with as simple as walking.

**Walking:** A brisk walk helps the pumping of the blood. Doing it often strengthens your legs and veins and improve circulation.

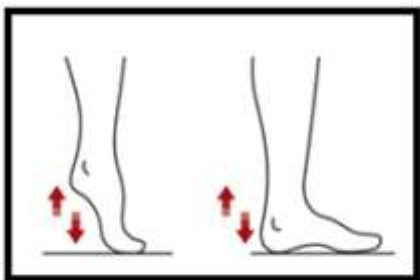
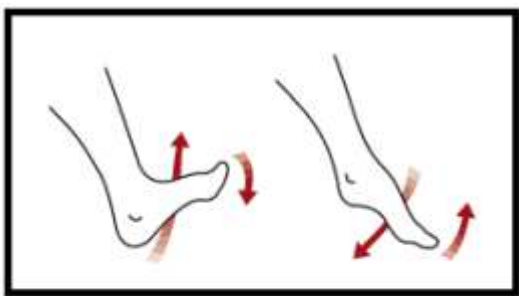
**Swimming:** During swimming, the leg kicks keep your legs and heart are at the same level, which can help to prevent blood pooling in the veins.



### Foot and heel exercise:

While sitting:

- Ankles up & down
- Feet in circles
- Stretch your legs out



**While Standing:**

- Tap your feet
- Up on your toes



# frequently asked QUESTIONS

## FAQS

### **1. What are varicose veins?**

The basic definition according to the NHS website is

“Varicose veins are swollen and enlarged veins that usually occur on the legs and feet. They may be blue or dark purple and are often lumpy, bulging or twisted in appearance.”

You can read more [here](#)

### **2. Are varicose veins hereditary?**

There are various factors that contribute to varicose veins such as standing/sitting for long hours, pregnancy, age, obesity out of which hereditary is one of them.

It is the highest in the list among all pre-disposing factors.

### **3. Are varicose veins seen during pregnancy?**

While majority of the varicose veins seen during pregnancy may be physiological, sometimes there can be pathological changes too.

In pregnancy, hormonal changes brought about to nurture the baby, can result in loss of vein-wall tone in the legs, pooling blood in the legs and reducing return of blood to the heart. This can lead to pain and fatigue in the legs and swollen ankles and even varicose veins.



#### **4. Do I have to wear varicose veins stockings for the rest of my life?**

It is always advisable to wear compression stockings as much as possible to avoid re-occurrence of varicose veins

#### **5. How long should I wear compression stockings?**

You need to wear it for most of the time in the day especially when you are sitting or standing for long hours.

#### **6. What is the difference between different classes of compression stockings?**

The class or grade of compression stockings depends upon the adversity of the condition.

You can read more [here](#)

#### **7. How does compression stockings help in varicose veins?**

Graduated compression stockings apply maximum pressure at the ankle reducing gradually towards the calf and thigh which helps the flow of blood back to the heart.

Read more [here](#)

#### **8. Since I have varicose veins and my children can be prone to it, is there any way they can seek prevention?**

YES. They should follow a proper diet, exercise regularly and wear compression support socks. These are compression stockings which are available with low grade of compression in it which keeps the body circulation proper.