

7 TIPS TO KEEP YOUR VEINS HEALTHY DURING QUARANTINE

Prolonged inactivity can have long-lasting effects on your vein health. Here's how you can take care of your veins at home:

Frequent, small, simple exercises.

Stay active throughout the day in ways that already work within your routine.



Stay comfortable

Wear loose-fitting clothing, besides prescribed compression hosiery (which help prevent blood clots).



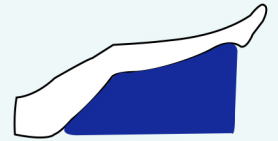
Start an at-home workout regime.

Thirty-minutes of physical activity daily is good for your mind and body.



Elevate your legs.

While sleeping or sitting, elevate your legs with pillows or a stool.



Maintain a healthy lifestyle & stay hydrated.

Reduce intake of anything that can cause weight gain, vein constriction, or dehydration - such as alcohol, fried foods, or tobacco.



See a doctor virtually if needed.

CVR is offering telemedicine so you can meet with providers from the comfort and safety of your home.



Stay Positive

It is important to stay positive during this trying time. This too shall pass, and by staying home, you are helping make that happen sooner.



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Learn more at centerforvein.com