

## Prevention – what you can do!

Besides a healthy balanced diet, you should concentrate on one thing: plenty of exercise that gets the calf muscles moving. Jogging, swimming and cycling are particularly good for this. Alternating hot and cold water baths are also good for the blood vessels. If you have to sit a lot during the day, you should take a few minutes to put your feet up in the evenings.

The rule is: walking and lying down are better than sitting and standing.

On the other hand, you should avoid: long hot baths, long sessions in the sauna, heat and blazing sunshine, all of which can dilate the veins. Try not to do anything that puts unnecessary strain on the connective tissue.



## Interested? Now it is up to you!

Ask your doctor about spider veins and their possible treatment.

Further information can be found at  
[www.kreussler.com](http://www.kreussler.com).

Practice stamp:

## [ Beautiful healthy legs ]



### [Micro-Sclerotherapy]

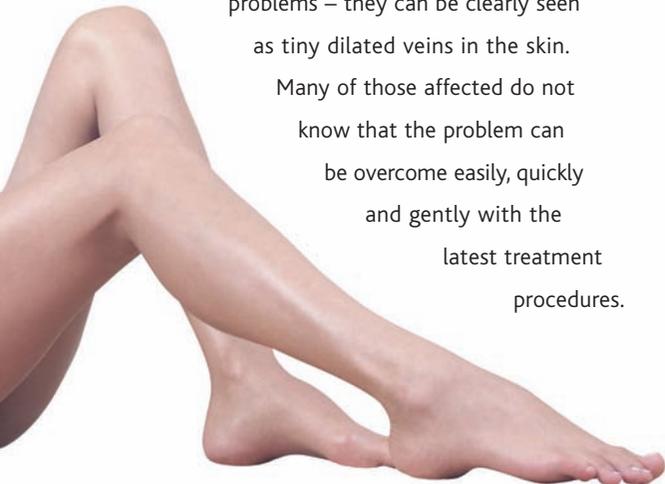
Information for patients  
on the treatment of  
spider veins

## **Beautiful healthy legs – just a dream?**

Many women dream of having attractive legs. The reality is often very different: spider veins – fine bluish-red blood vessels – can be seen on the thigh and calf, considerably spoiling their appearance. Up to 70% of women have spider veins and many suffer because of them. They often will not wear short skirts or dresses and do not feel confident enough to go into swimming pools or saunas. But it does not have to be that way!

## **Did you know ...?**

Spider veins are the mildest type of vein problems – they can be clearly seen as tiny dilated veins in the skin. Many of those affected do not know that the problem can be overcome easily, quickly and gently with the latest treatment procedures.



## **Spider veins – not just a cosmetic nuisance!**

Spider veins are often the first visible signs of weak veins that may become worse with time. Over the years, an inborn weakness of the connective tissue may lead to dilatation of veins and result in varicose veins.

Varicose veins should not be considered harmless. Left untreated for a long period, they often cause serious problems such as phlebitis (inflammation of the veins), skin damage and thrombosis. To prevent these complications, you should consult a specialist and get treatment if necessary.

## **You can do something!**

Women do a lot to make their legs beautiful: creams and anti-cellulite products, epilation, massages and special leg exercises. Although these efforts can make a big difference, special treatment procedures are needed to remove spider veins. One possibility is **[Micro-Sclerotherapy]**. Sclerosing (obliterating) these fine veins may bring improvement of up to 90%.

## **[Micro-Sclerotherapy]**

**[Micro-Sclerotherapy]** is a tried and trusted procedure which allows the outpatient treatment of unsightly spider veins and mini-varicose veins in the legs – without lasers, surgery or anaesthesia.

A session takes only about 10-15 minutes. A special solution causes the inside walls of the dilated veins to react and stick together. They are then resorbed naturally by the body and disappear with time.

## **Ask your doctor!**

**[Micro-Sclerotherapy]** to overcome spider veins is a technique offered by doctors to improve the appearance and health of your legs. As part of the treatment, the doctor will examine your veins thoroughly to check their function.

