

THE HIDDEN DANGERS OF VARICOSE VEINS

Many people tend to brush off leg pain and varicose veins simply because they find it part of everyday life and have lived with it for years. However, this condition could indicate a more serious health problem, especially if it's left untreated.

Varicose veins can be found right under the skin of the legs. Deep vein thrombosis (DVT) is a serious condition that occurs when a blood clot forms in a vein. These deep vein blood clots typically form in your thigh or lower leg, but can also develop in other areas of your body. These clots are dangerous because they could dislodge and travel to the lungs and block blood flow. This is called pulmonary embolism and can be fatal. There are approximately 600,000 new cases of DVT diagnosed each year in the United States and it usually requires immediate care.

Symptoms of DVT can include swelling, warmth and redness of the skin on the calf or thigh area and you may also feel cramping or soreness that could also be tender to the touch.

Contact vein expert Dr Thomas Wright with Laser Lipo and Vein Center if you feel you are experiencing DVT symp-

oms. Dr Wright can diagnosis this condition with a noninvasive ultrasound of the veins which measures the blood flow and can identify any clots that may have developed.

Lifestyle changes that can lower your risk of DVT

You can lower your risk of DVT by keeping your blood pressure under control, give up smoking and lose weight if you are overweight.

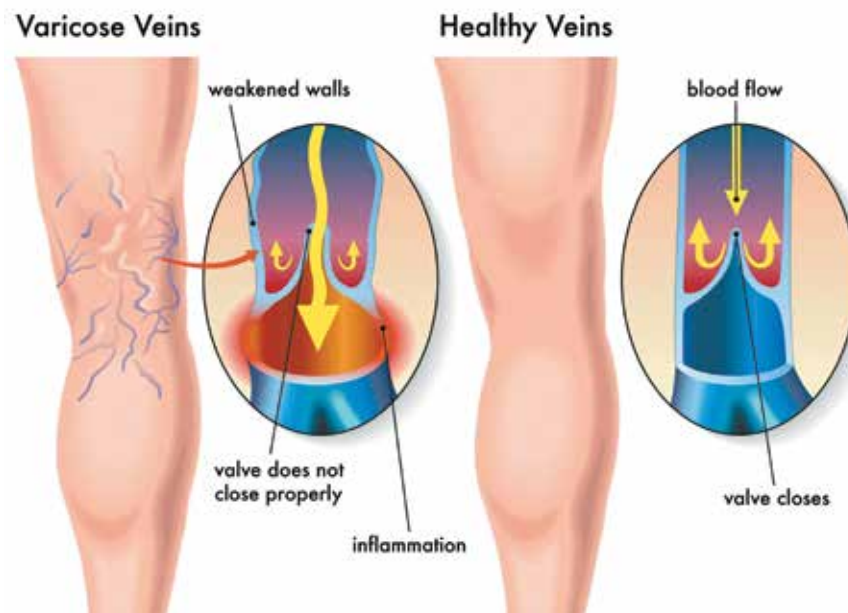
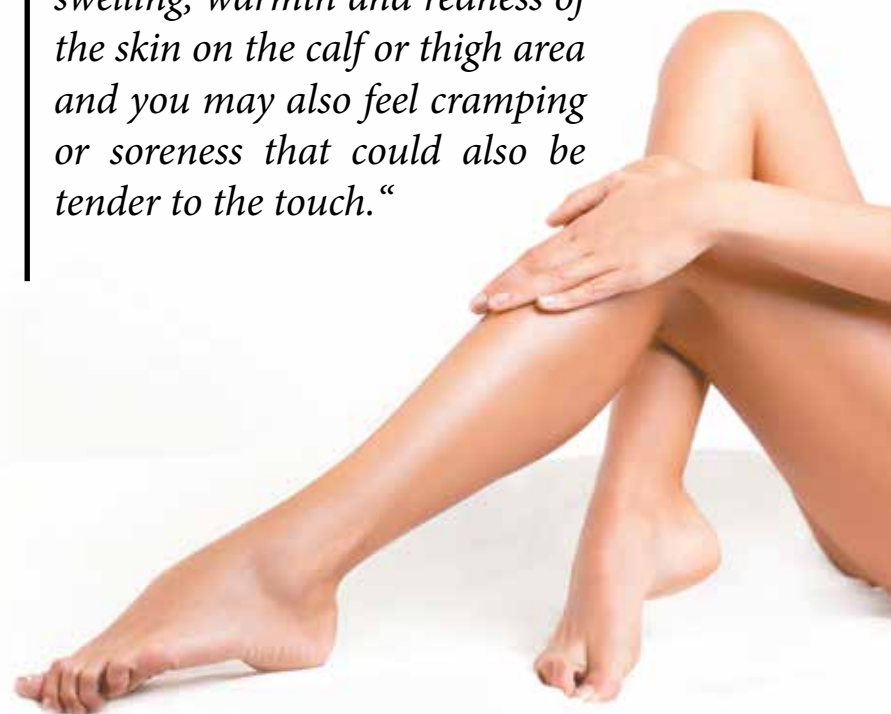
Move your legs around if you have been sitting for extended periods of time to keep the blood circulating in your legs.

If you have been traveling in a car for more than 4 hours, make it a point to get out of the car and walk around. If you are traveling on a bus, train or airplane, walk in the aisles when you are able and while you are sitting, move and stretch your legs and feet.

Last, don't wear tight or restrictive clothing that can restrict blood flow.

Don't delay, call Dr. Wright and his professional staff today at 636 614 1665 if you are concerned about DVT.

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