

# — SQUEEZE leg health IN —

## Are you squeezing in time for your leg health?

Leg health is an important factor in your general health and wellbeing, but is often overlooked.

You should check your legs regularly to spot any changes that could be a sign of venous disease.



## Check your legs

Do you see any signs of venous disease?

**Compression hosiery could help prevent and manage the signs of venous disease.**



Ankle flare



Varicose veins



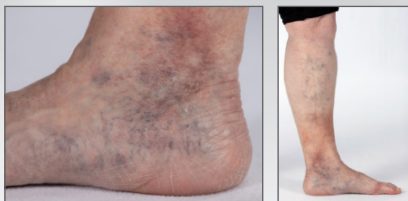
A sore that won't heal



Speak to your GP, nurse or healthcare professional or pharmacist about assessment for **Activa®**, **ActiLymph®** or **Adore®** hosiery.

For more support visit [squeezein.life](https://squeezein.life)

# Venous Disease and Risk Factors



## What is venous disease?

Blood has to flow from our feet and legs towards our heart through our veins. As the blood flow works against gravity, blood can sometimes pool in the lower legs and feet. This pooling increases the pressure in the veins which can cause damage, resulting in venous disease.

## Who is at risk of venous disease and vein problems?



The risk of venous disease increases with age as damage to the veins worsens over time



Recent study suggests pregnancy increases the odds of developing varicose veins by 82%



Being overweight or having a large waist circumference increases the risk of venous disease



If you stand for long periods due to work or a hobby this can increase your risk of developing venous disease



Sitting for a long time without moving around can increase the risk of leg problems. This includes sitting at a desk for long-periods of time



Smoking causes damage to blood vessels which can result in venous disease



Air travel for longer than 3 hours can increase the risk of a deep vein thrombosis (DVT)



## Easy tips to **SQUEEZE** leg health IN

Do



- Regularly moisturise your legs
- Check your skin, legs and feet regularly
- Move your legs and feet regularly
- Eat a balanced diet and try to maintain a healthy weight
- Stay hydrated

Don't



- Cross your legs for long periods
- Stand still or sit for long periods without moving around
- Ignore any sores or irritations that don't heal
- Assume that your leg will just get better by itself
- Remain inactive for extended periods, e.g long journeys



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SELF-CARE REVOLUTION

