

# Morrison Vein Institute

*Better Care. Better Results.*

480-775-8460 Tempe

## *The 5 Healthy Vein Practices*

1. **Daily exercise.** A brisk 30-minute walk, riding a bicycle, and using an elliptical machine are all healthy vein practices.
2. Look around your environment. Wherever you sit, have something on which to **elevate your feet.**
3. Once every day, or whenever you have been on your feet a lot, lie down on a surface such as a couch, put your feet up on the back of the couch and **elevate your feet above your head** – just for a minute or so.
4. When you have been unable to walk or put your feet up, do 12 **dorsiflexion exercises** (toe raises) while seated, with good relaxation between each.
5. Wear some level of **graduated compression support hose** whenever possible. Any level of compression is better than none.

Additionally, you can learn about and utilize **plant-based bioflavonoids** for their reported helpful anti-inflammatory effect on the vein wall. For instance, **grapefruit** (especially with the pith or white inner skin) is rich in bioflavonoids. Eat a grapefruit daily if compatible with your current medications.

Plant-based bioflavonoids are also available in these over-the-counter supplements:

- Citrus Plus Bioflavonoid Caps
- Horse Chestnut Seed Extract Caps
- French Maritime Pine Bark Extract-Pycnogenol Caps
- Rutin
- Reservatrol (found in, among other things, red wine).