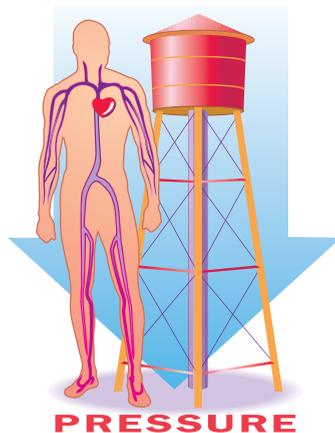


## The Power of Gravity

**Standing: a simple activity nearly everyone does every day. But standing without activity, especially over long periods of time, can actually damaged your legs...and in many occupations, that's exactly what we do all day.**

The body's circulatory system, specifically the thin-walled veins, relies on the aid of muscle activity to help "push" oxygen-depleted blood from the feet back towards the heart. Nowhere is this activity more important than in the legs, where gravity pulls in the opposite direction of the returning blood flow.

Think of the human circulatory system as a water tower. It's much easier for water to flow down than it is to go up. The weight of the water inside the tower also creates steadily increasing pressure closer to the ground. That's why the lower extremities of our bodies, particularly the feet and ankles, frequently suffer from swelling and tingling after we stand for long periods of time.



In a properly functioning vein, tiny "one-way" valves move the blood upstream by opening and closing with the normal pulse from the arteries. Permanent damage can occur if vein walls become stretched or distended from constant pressure. As a result, valves may no longer close properly, allowing blood to flow back down to the lower extremities. Poor circulation, leg pain and permanent vein damage are likely.

### When Veins Fail

The most common forms of vein damage are **varicose** and **spider veins**. In most cases the damage starts in smaller veins and slowly moves to the larger vessels (except in cases where there is a hereditary weakness).

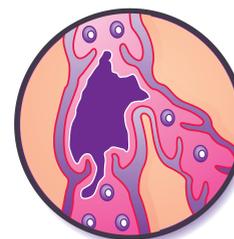
Not all vein damage is visible. Often the most noticeable symptoms of vein problems are numbness or tingling in the feet and ankles, swelling at night or leg pain after a long day on your feet.

If these kinds of problems are left unchecked, serious conditions can develop such as deep vein thrombosis, leg ulcers and edema. These conditions can actually become life-threatening if left untreated. We urge you to consult with your doctor about any potential complications if you already suffer from leg discomfort or varicose veins.

### Give Your Legs a Hand

If your job requires you to be on your feet all day, graduated compression stockings may be a smart solution for you. The good news for you is: wearing compression stockings while you work not only helps prevent vein problems from getting worse, but also reduces ankle swelling and leg fatigue. *Best of all, they'll make your legs feel great!*

**medi. I feel better.**



**Blood that cannot flow back to the heart can cause a clot to form in the deep veins.**

## Prevention Tips

If your job requires you to be on your feet all day, here are some simple tips that can help you avoid serious leg problems.

### Keep Moving

Rather than standing or sitting still at work, try to walk around as often as possible. Stimulate the muscles in your legs through brisk walking to promote better circulation.

### Wear Compression Stockings Every Day

Graduated compression stockings can actually increase your energy level, reduce swelling and prevent further vein damage. By increasing pressure on the outside of your lower leg, compression stockings actually help your veins "pump" blood up towards your heart and keep vein walls from being damaged.

### Avoid Crossing Your Legs

When you sit, try to keep your legs uncrossed. Crossing your legs can pinch off the essential flow of blood to and from your legs.

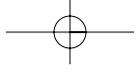
### Elevate Your Feet

Whenever you have the chance to sit down, put your feet up. By elevating your feet, you help drain the fluids from your lower legs. If you have the opportunity to lie down, elevate your feet above your breastbone at a 45 degree angle.

### Wear Comfortable Shoes

Flat or low-heeled shoes can help prevent additional leg and foot discomfort.





# Get Serious About Leg Health

# I feel better.

Statistics show that approximately 80 million Americans suffer from circulatory problems in their legs. This problem, recognized most often from varicose veins, is more accurately known as vein or venous disease.

Vein disease symptoms may range in severity from mild discomfort to total debilitation, depending on the progression of the problem. Common factors causing leg health problems include heredity, pregnancy and excessive weight. If your job requires standing for extended periods, this can be a major contributing factor as well.

Once vein disease begins, it cannot be reversed, only treated. For that reason, prevention is the best approach.

This brochure will provide you with tips to help you avoid the damaging effects of stress placed on your veins from prolonged standing.



## A Special Note: To pregnant women who work

If you are pregnant and still working, there are certain factors you should consider. Pregnancy increases the amount of blood in your body, putting added pressure on the veins. This can cause vein damage that could bother you for the rest of your life. To prevent vein problems, pregnant women are encouraged to wear graduated compression stockings for at least the last trimester of pregnancy. If there is a history of vein problems in your family, it may be wise to wear compression stockings throughout your pregnancy. Talk to your doctor.

## About medi

medi has been a leader in the phlebology, lymphology, prosthetic, and orthopedic products industry throughout its 80-year history. Dedicated to superior product development, conscientious quality control and total customer satisfaction, medi has forged an unmatched reputation for innovative products, uncompromising quality and dedicated customer support.

Contact your local leg health specialist for more information:



For additional information on other medi products or leg health issues, or to subscribe to our FREE Leg Health Newsletter go to [www.mediusa.com](http://www.mediusa.com).

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**Straight Talk**  
You, Your Job & Your Leg Health

