

# NON-SURGICAL REMEDIES

## Self-Care



Chronic Venous Insufficiency (CVI) is generally not considered curable, but it is manageable. While treatments can significantly alleviate symptoms and improve quality of life, they may not completely eliminate the condition. Options such as lifestyle changes, compression therapy, medications, and surgical procedures can help manage symptoms and prevent complications. Regular follow-ups with a healthcare provider are important for monitoring and adjusting treatment as needed. Chronic Venous Insufficiency (CVI) is treatable. There are several options, as depicted in the table below, to help manage symptoms and improve blood flow.

### Wear Compression Socks

Use medical-grade compression socks as prescribed to improve blood flow and reduce leg swelling.



### Walking or Cycling

Engage in low-impact activities like walking or cycling to strengthen leg muscles and support blood flow.



### Stay Hydrated

Drink plenty of water to ensure smooth blood flow and prevent clotting or swelling.



### Elevate Your Legs

Raise your legs 15-30 cm above your heart to reduce pressure on your veins. Use a stool or pillows for support.



### Avoid Prolonged Sitting or Standing

Take breaks to move around if sitting or standing for long periods to prevent blood pooling in the legs.



### Low-Salt Diet

Reduce salt intake to prevent water retention and reduce leg swelling.



### Elevate Your Feet While Sitting

Use a stool or stack of books to raise your feet while sitting to encourage better circulation.



### Take Breaks During Long Travel

On long flights or car rides, stretch or walk to improve circulation and reduce the risk of blood pooling.



### Avoid High Heels

Choose flat shoes to help calf muscles work efficiently and improve circulation.



### Wear Comfortable Clothing

Avoid tight clothes around your waist and legs to prevent restricted blood flow.



### Massage Therapy

Gently massage your legs to stimulate circulation and reduce swelling.



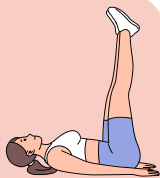
### Stop Smoking

Smoking damages blood vessels and impairs circulation, so quitting can significantly improve vein health.



### Leg Exercises

Regularly move your legs (e.g., foot flexes, calf raises) to improve circulation, especially when sitting.



### Maintain a Healthy Weight

Keeping a healthy weight reduces pressure on your veins and improves circulation.



### Manage Blood Pressure & Diabetes

Regularly monitor your blood pressure and diabetes to avoid complications that can worsen vein health.

