



Vein Healthcare Center

For Immediate Release

Popular New Year's Resolutions Are Good...For Your Veins

December 29, 2011 (South Portland, ME) – “This is the year I take better care of myself and my health.” Sound familiar? At this time of year, many people resolve to quit smoking, exercise, visit the doctor, and commit to healthy living. There are a multitude of reasons why these are excellent resolutions, but consider one more: veins.

[Vein disease](#) affects millions of people. It occurs when valves in the veins of the legs can't efficiently propel blood back up to the heart. It can cause pain, swelling, varicose veins, or worse. It's also chronic and progressive, and if left untreated, it can lead to serious medical complications.

“Venous disease is one of the most common health conditions among Americans,” said [Dr. Cindy Asbjornsen](#), Board-certified [vein specialist](#) at the Vein Healthcare Center, “but most people don't realize that it may affect them, or that there are modern, minimally invasive treatments available.”

Here are three things that people can do to improve— or prevent— vein problems in the new year:

1. **Quit smoking.** Smoking and exposure to second-hand smoke affects veins, arteries and the entire circulatory system. It can make venous symptoms, like leg aches and pains, even worse.
2. **Exercise.** This can be as simple and effective as walking just 30 minutes a day. Walking causes the rhythmic contraction of calf muscles and helps promote blood flow to the heart.
3. **See your doctor.** Ask your primary care physician about venous issues, especially if “bad veins” run in your family. Your doctor can refer you to a board-certified phlebologist for a screening and evaluation.

To learn more about how to identify, prevent and treat venous disease, visit <http://www.veinhealthcare.com>.

Dr. Cindy Asbjornsen is the founder of the [Maine Phlebology Association](#) and the Vein Healthcare Center in Maine. Dr. Asbjornsen is certified by the American Board of Phlebology and cares for all levels of venous disease, including spider veins, varicose veins and venous stasis ulcers.