



For Immediate Release

Healthy legs for the holidays: 5 tips for Santa Claus (and the rest of us)

December 11, 2012 (South Portland, ME) – Approximately half of the U.S. population has some form of [venous disease](#), which includes (but is not limited to) [varicose veins](#). According to Dr. Cindy Asbjornsen of the [Vein Healthcare Center in Maine](#), there's plenty one can do to alleviate the symptoms of vein disease and prevent them from getting worse.

"Venous disease affects millions of people," said Dr. Asbjornsen. "There are modern treatments that are minimally invasive and nearly pain-free, but there are also things that people can do on their own to alleviate discomfort and help prevent the progression of symptoms."

While there is no proof that Santa Claus has venous disease, his job does keep him on his feet or sitting down for long periods of time. These five simple tips can help keep legs healthy this holiday season:

1. Wear loose-fitting clothing. Santa's red suit, for example, is roomy and comfortable and wouldn't impede circulation in his lower body.
2. Sit properly. Focus on good posture and avoid crossing legs or sitting in ways that can compress veins for prolonged periods, such as sitting at the mall or in a sleigh.
3. Walk at least 30 minutes every day. Walking causes the rhythmic contraction of calf muscles and helps promote blood flow to the heart.
4. Don't smoke. Smoking (even pipe smoking) and exposure to second-hand smoke constricts veins and affects overall circulation.
5. Elevate the legs above heart-level as often as possible. Perhaps with a glass of milk and a plate of cookies.

To learn more about the prevention and treatment of venous disease, visit <http://www.veinhealthcarecenter.com>.

Dr. Cindy Asbjornsen is the founder of the Vein Healthcare Center, as well as the Maine Phlebology Association. Certified by the American Board of Phlebology, she cares for all levels of venous disease, including spider veins, varicose veins and venous ulcers. Dr. Asbjornsen is the only vein specialist in Maine to be named a Fellow by the American College of Phlebology. She is also the editorial director of Vein Health News, Maine's vein magazine for primary care physicians.

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