

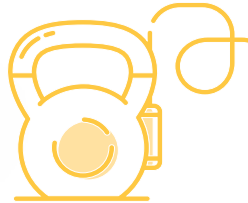
10 WAYS TO Improve Your Blood Circulation

YOU MIGHT BE concerned about your circulation if you have varicose veins, spider veins, loss of feeling or tingling in your legs, feet, or fingers, or if you have a diagnosed vein or artery condition. Beebe Vein Center vascular surgeons **Sean Ryan, MD**; **Carlos Neves, MD**; and **Kevin Caldwell, MD**; have tips that can help you improve your blood circulation.



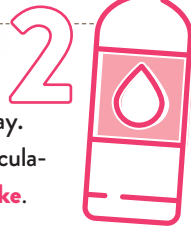
1 QUIT SMOKING

Did you know that smoking increases your blood pressure by as much as **15%**?



It is recommended to get at least **30 minutes each day** of exercise to improve blood circulation.*

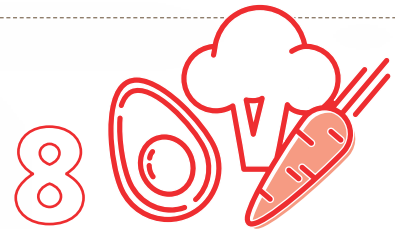
HYDRATE. Be sure to drink water regularly throughout your day. Dehydration can lead to reduced circulation and serious events such as **stroke**.



If your circulation is causing pain, try doing a self-massage on your legs or painful areas. **Start gently and build up.**

7 WEAR COMPRESSION STOCKINGS.

Studies have shown that compression stockings can reduce the likelihood of developing deep vein thrombosis by **50%**.



8 EAT HEALTHY MEALS.

Eating delicious plant-based meals that are **low in salt and cholesterol** is a great way to be kind to your body.

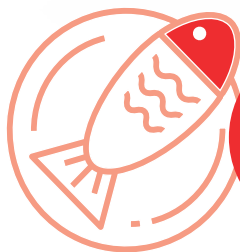
CURB DRINKING.

Excessive drinking is known to **harden the arteries**, contributing to poor blood flow. Moderate your alcohol consumption and be sure to drink water if you indulge.



9 UNCROSS YOUR LEGS.

Be careful that the way you sit – such as crossing legs or sitting on your feet – doesn't inhibit the circulation in your legs.



Studies have shown that omega-3 fatty acids, available in fish, kale, or omega-3 supplements, **promote circulation.**

REDUCE STRESS.

We all experience times of high stress, but persistently high stress levels have a **serious impact** on blood pressure.



Beebe Vein Center offers free vein screenings each month.

Call (302) 703-9300 today to make your appointment.

Learn more at www.beebehealthcare.org/beebe-vein-center.

*NOTE: Do not start a new fitness routine without first talking to your doctor or care provider. Don't put off having your veins checked out by a vascular professional. Ongoing vein and blood circulation issues can lead to heart conditions, high blood pressure, organ damage, or stroke.