

Compression Stockings:

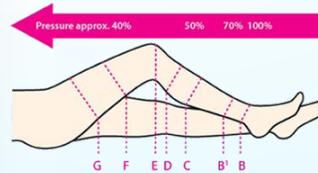
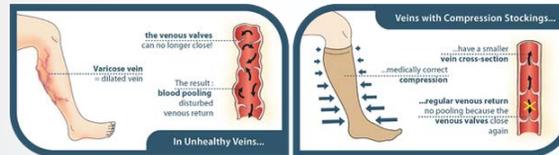
A medically accepted way to treat a host of leg discomforts. Medical compression hosiery is a great alternative to surgery when it comes to relieving minor to major leg issues. Problems like swelling tend to plague pregnant women. Most leg problems are due to poor circulation since your blood and veins need to work against gravity to get the blood back up to your heart. During pregnancy, though, your expanding belly, coupled with the extra pressure your baby puts on your body, causes your veins to dilate and work much less efficiently.

Stewardesses are also at great risk as they are always on their feet, doubled with the fact that they are in the air adding pressure to their legs to swell, making compression stockings a MUST.



Compression Fitting Is Important!

Here at A Touch of Wellness, our practitioner is a certified stocking fitter. She will accurately measure you and custom fit stockings to your size. Contact us today!



Where Your Journey Begins

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Compression Stockings

Benefits



A Healthy Foundation for Wellbeing

What Are Compression Stockings?

Compression stockings are usually worn to help maintain circulation and reduce the risk of blood clots forming in the veins of your legs (deep vein thrombosis, DVT). Certain risk factors make DVT more likely to occur, such as being over 40, overweight or if you have a family or personal history of DVT.

How Do I Know If I Need Compression Stockings?

You should wear compression stocking if:

- You have ever suffered from tired, aching and/or swollen legs
- You suffer from varicose veins or spider veins
- You plan on travelling
- You are pregnant

What Your Legs Go Through When You Travel

Whenever your legs are restricted and inactive during a long journey – whatever the mode of travel – they are going to have a hard time. If you stay seated without moving around, you are increasing the risk of developing a travel thrombosis, otherwise known as a blood clot.

Symptoms

Tired, heavy legs, that often become swollen and painful during a journey. When you reach your destination, your shoes feel as though they are too small.

Causes

When you are sitting down, your calf muscles stop working and the blood flow in your legs slow down. A thrombosis can occur because the slow blood flow causes the blood to clot, blocking the veins.

Dangers

The blood clot can travel to the lungs, causing serious illness or even death.

Who Is At Risk?

Even healthy people can be at risk, especially those people with a history of circulatory disorder (i.e. varicose veins). Hereditary factors can also increase this risk, as can any serious, general or recent injury or surgery.

What Are The Causes Of Varicose And Spider Veins?

The factors below may play a part in the development of varicose and spider veins:

Heredity

There is a significant relationship between heredity & the development of varicose veins and spider veins.

Gender

Females are affected approximately 4:1 to males.



Age

The development of varicose veins and spider veins may occur at any age but usually occurs between the ages of 18 and 35 years, and peaks between 50 and 60 years.

Pregnancy

Is a common factor contributing to the formation of varicose and spider veins. The most important factor is circulating hormones that weaken vein walls. There is also a significant increase in the blood volume during pregnancy. This tends to distend veins, causing valve dysfunction which leads to blood pooling in the veins. Additionally, later in pregnancy, the enlarged uterus can compress veins, causing higher vein pressure leading to dilated veins. Varicose veins that form during pregnancy may spontaneously improve or even disappear a few months after delivery.

Lifestyle/Occupation

People who are involved with prolonged sitting or standing in their daily activities have an increased risk of developing varicose veins, as the weight of the blood continuously pressing against the closed valves causes them to fail, leading to distention in the veins.