

## Expert file special TIRED LEGS

There are three factors that cause the "heavy legs" sensations:

- > Deficient venous circulation.
- > Hormonal disturbances.
- > Prolonged upright position (linked to professional activity).

Symptoms related to the stagnation of blood in the veins may be synonymous with discomfort, heaviness and pain, it is important to effectively relieve.

### ► Deficient venous circulation:

A deficient venous circulation is a sign of "venous deficiency", a disorder that affects mainly women (in nine out of ten cases), and expresses itself by sensations of heavy, tired legs prone to swelling...

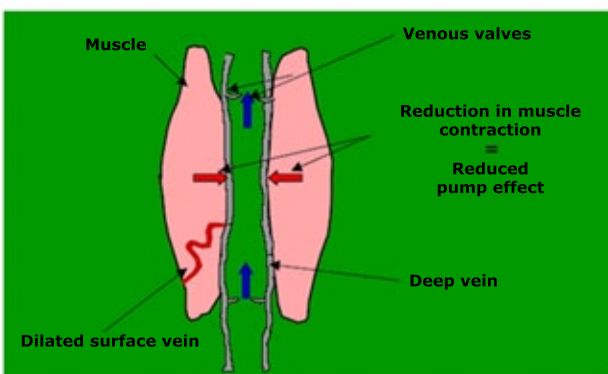
After irrigating various organs in the body, the blood flowing from the heart via arteries must return to the heart before reloading on oxygen in the lungs.

In the lower limbs, the compression in the arch of the foot and most of all the contraction of calf and thigh muscles create a "pump effect" that propels the blood upwards, from tissue towards the heart. Walking and exercise in general encourage venous return.

Small structures found inside the deep-lying veins obstruct the veins after the blood enters the heart to prevent return flow. These structures are called venous valves and act as control elements to force blood flow into a single direction.

Venous deficiency is caused by a **dysfunction in a valve**. When the valves are damaged, they are no longer capable of closing off to be fully 'leakproof'. **As a result, they no longer properly fulfill their "anti-return flow" function. The blood flows back down and begins to stagnate. This condition is called "venous stasis".**

Venous valve deficiency is generally hereditary but it may also arise as a consequence of other events such as hormonal disturbances or prolonged standing position under certain work conditions.



Age, pregnancies, excess weight, heat (especially floor heating), lack of exercise and long airplane trips are all factors that can aggravate venous deficiency.

## ► Deficient hormonal functioning:

Female hormones have a direct impact on venous deficiency, which explains why women are a lot more frequently subject to this condition than men.

In fact, estrogens and progesterone alter the elastic properties of vein walls: they tend to expand, which promotes blood stagnation.

In the course of their lives, women are thus confronted with several periods of hormonal upheavals that can bring on sensations of “heavy legs” : during puberty, when starting oral contraception or becoming pregnant.

## ► Prolonged upright position:

Staying on one’s feet and standing about for hours on end is very bad for venous circulation. At least seven steps are required to start up the “pump effect”, which is not likely to happen when you have to stand on your feet in one place.

Standing prevents the indispensable mechanisms for proper venous return, i.e. compression of the foot arch and muscle contraction, from taking place. Waitresses, operating block nurses, hairstylists, hostesses, etc. are all examples of occupations particularly affected by venous disorders.

## ► How to soothe sensations of “heavy legs”:

Symptoms linked to blood stagnation in the veins may be synonymous with discomfort, sensations of heaviness and pain. It is therefore important to bring effective relief.

**One of the fundamental ways to attenuate sensations of “heavy legs” is drainage which, thanks to the action of invigorating upward massaging, works to facilitate venous return.**

**Performing a drainage massage with the help of a specific treatment containing decongesting and toning active ingredients is ideal for jump starting the “pump effect”, thereby effectively stimulating blood circulation.** The relief this brings will be long-lasting. Pain and discomfort will disappear and women will once again enjoy a sensation of lightness in the legs.