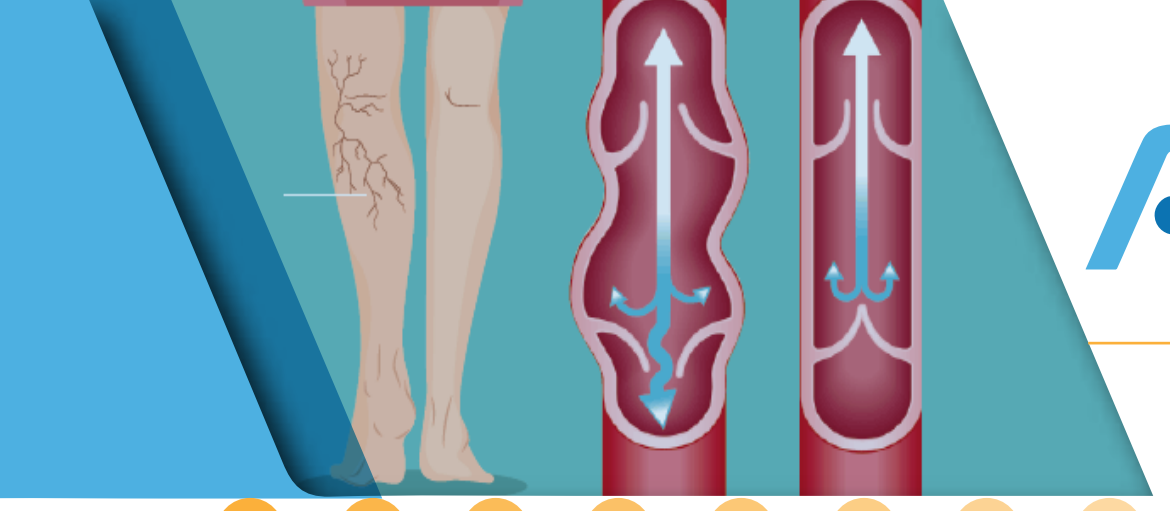
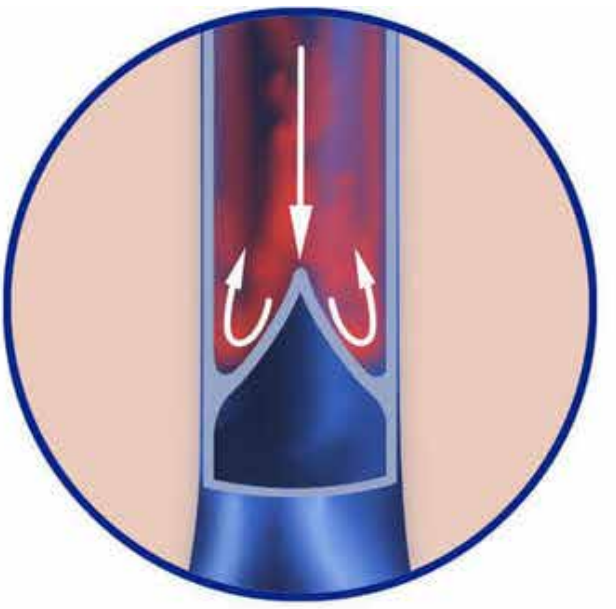
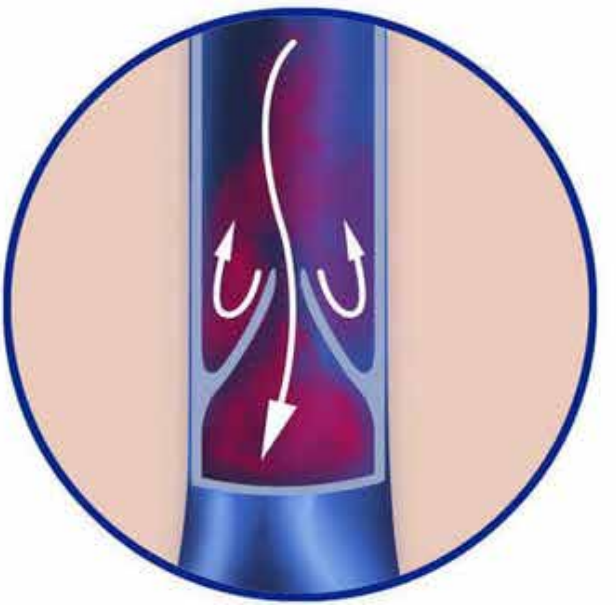
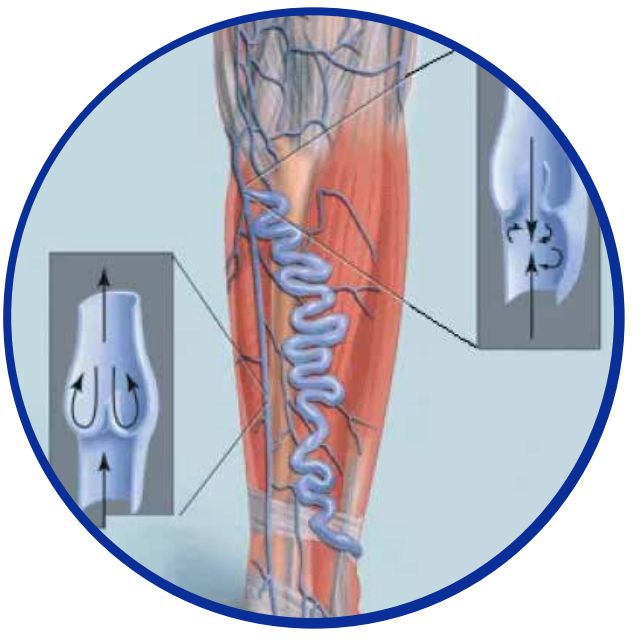


AST HEALTH SCHOOL

Te informa:

PREVENCIÓN DE LAS VÁRICES

- Ejercicio
- Zapatos no ajustados, sin tacos altos ni planos
- Evitar ropa ajustada que disminuye el retorno venoso
- Evitar largas jornadas sentado o de pie, tampoco cruzar las piernas al sentarse
- Favorecer masajes en extremidades inferiores o períodos para elevarlas
- Uso de medias de compresión
- Colocar piernas en agua, alternando entre fría y caliente