



freedom for your legs

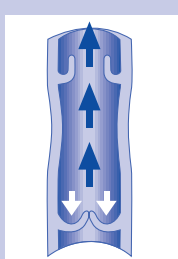
BELSANA

The fashionable support stockings collection from your pharmacy

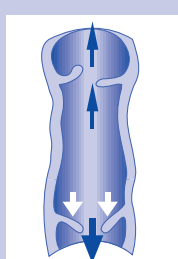
Swollen feet? Legs heavy as lead?

And it's not just women: men also know the symptoms after standing or sitting all day at work. Or, for example, after a long trip by plane or by car.

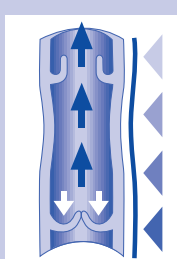
Lengthy periods of standing and even sitting can rapidly cause blood conglomeration in the veins, leading to gradual distension of the vein walls.



The blood is pumped to the heart. The venous valves prevent the blood from flowing back.



If the vein is weak or damaged, the venous valves do not close – the blood drains downwards.

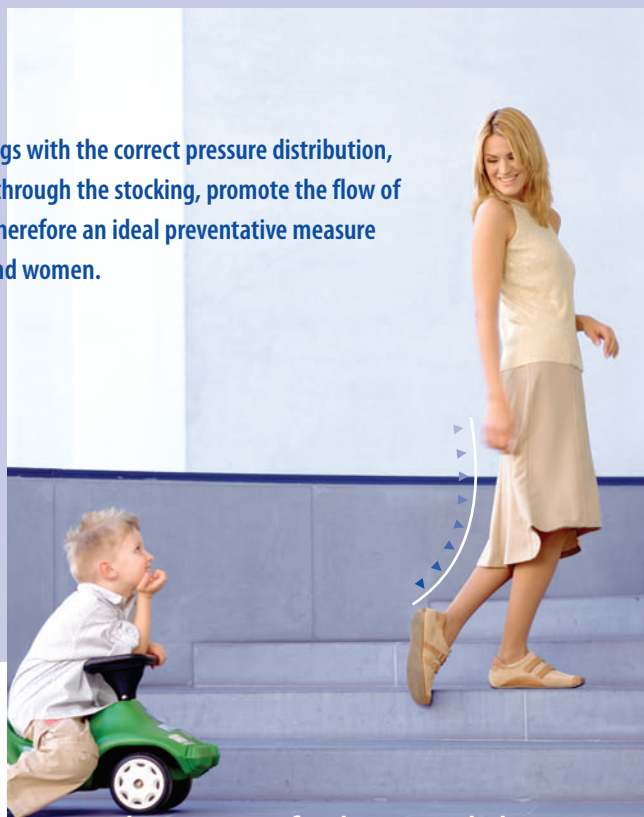


Correctly-dosed pressure has a positive effect on the stretched vein walls and promotes blood flow to the heart.

The occurrence of the ailment is promoted by familial disposition or hormonal change, for example during pregnancy. Factors such as age, lack of exercise, crossed legs, shoes with high heels, being overweight and an imbalanced diet can also have an effect. Every second adult is already showing symptoms of changes in their veins. Something must be done quickly to prevent this from developing into a chronic condition.

About half a million Irish suffer from chronic weakness of the veins. The first warning sign is mild water retention (oedema) in the legs, which at the start wears off again at night. But the blood supply to the surrounding tissue worsens over time. Skin complications can follow, in extreme cases even open leg ulcers. Even so-called spider veins and varicose veins, often dismissed as cosmetic problems, are a sign that blood circulation in the legs is being disrupted.

Support stockings with the correct pressure distribution, i.e. decreasing through the stocking, promote the flow of blood and are therefore an ideal preventative measure for both men and women.



With an attractive look: Fashionable support stockings in a wide variety of colours and shapes



Belsana 70den – with active support effect

Fine knee stockings and stay ups with attractive lace garter (10 cm) and tights with fashionable panty part

- Correct pressure distribution, decreasing through the stocking
- Shaped reinforced heel ■ Reinforced toe

Tight 70den also available in size IV with comfort gusset, comfort body for expectant mothers (colours: black and candy) and with anti-cellulite massage effect

Colours: candy, conch, caramel, midnight blue, symphony, black, coffee



Belsana 140den – with strong support effect

Fine knee stockings and stay ups with attractive lace garter (10 cm) and tights with fashionable panty part

- Correct pressure distribution, decreasing through the stocking
- Shaped reinforced heel ■ Reinforced toe

Colours: candy, conch, caramel, midnight blue, symphony, black, coffee



Belsana 280den – with medical support effect

Fine knee stockings

- Pressure distribution corresponds to the guidelines for medical compression stockings
- Shaped reinforced heel ■ Reinforced toe
- Ideal travelling stocking for long-haul flights, coach and car journeys

Colours: black, navy, beige, natural



Belsana Cotton – with active, extra-supportive effect for men and women

Knee stockings and socks with cotton

- Correct pressure distribution, decreasing through the stocking
- Knitted non-slip top band

Colours: white, beige, nougat, brown, navy, denim, anthracite, black

Belsana Cotton: knee stockings and socks with skin-friendly high cotton content – ideal as a travelling stocking

Summer Edition: knee stockings with breathable active microfibres – fashionable design

Wellness Edition: knee stockings with activating algae fibres – analeptic marine minerals

Size overview, Belsana support stockings

Fine tights and stay ups 70/140den	Size	I	II	III	IV	V	VI*
	Dress size	38–40	40–42	42–44	44–46	48–50	50–52
							*only 70 den
Fine knee stockings 70/140den	Size	I	II	III			
	Size of shoe (UK)	3–4	5–6,5	7,5–9			
Fine knee stockings 280den	Size*	small	medium	large	x-large		
	Foot	two foot sizes available				*according to leg metrics	
Knee stockings and socks/Belsana Cotton	Size	I	II	III	IV		
	Size of shoe (UK)	3,5–5	6–7,5	8–9,5	10–12		

Kind regards, your BELSANA pharmacist

Exclusively
in
pharmacy



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Veingymnastics

Small amount of input – huge effect

To prevent the occurrence of vein conditions, plan a few minutes for this short exercise programme into your day – you will only achieve the benefits though regular training.

In addition, it's a good idea to move regularly, regularly take part in sporting activities, reduce weight, avoid heavy carrying and lifting, often put your legs up, avoid strong external sources of heat and to have moderate alcohol consumption (alcohol distends the blood vessels).

Cold foot showers up as far as the groin help the veins to retract. Salves, gels, lotions or sprays with extracts of horse chestnut or red vine leaves can also keep the drive in your stride.



1 Warming up

30 secs

Always start with this exercise.

"Cycle" on your back in smooth, flowing motion for approx. 30 secs.

2 Stretching

5 x each

Walking position: keep tension in the calf of the extended leg for 15 seconds, then change. Repeat 5 times.

You can do the following "rolling" exercise anywhere, again and again wherever you are during the day: in the office, on the bus, in the car, watching TV ...

3 Rolling

15–20 x

Whilst sitting, raise and lower your heels in turn. Repeat 15–20 times.

Being overweight also puts more stress on your legs. You should try to balance your diet and regularly check your weight

4 Parading

15–20 x

Alternately lift the knees until your leg is at right-angles.

In doing so, lift the heel of the supporting leg. Repeat 15–20 times.

Always try to get up and move around when travelling by plane, car, coach or train. Get the blood pumping around by moving your feet and – very importantly in the case of long-haul flights – drink plenty, regularly.

5 Pulling

10 x each

Laying on your back, pull your leg in to your chest. Repeat 10 times.

6 Rowing

5 x

In a sitting position, simultaneously lift both extended legs, pulling arms to body. Then bend both legs and extend the arms forward. Repeat 5 times.

Cold showers in the morning and evening also have an analeptic effect, since they increase the tension in the blood vessels and also improve the performance of the immune system.

High-heeled shoes are torture for feet and veins. It's a better idea to wear comfortable shoes with flat soles. Or even better, go barefoot from time to time.

Belsana tip:

Together with your support stockings, special gels and creams with a cooling and stimulating effect are the ideal combination for tired, heavy legs.

Before slipping into your Belsana stockings, apply the cream /gel sparingly and rub it in well; massaging upwards from your feet to your tights. Please refer to the instructions included and ask your GP or pharmacist to recommend suitable products.



Warmth expands your blood-vessels and may lead to congestion. Therefore avoid extensive sunbathing, sauna without hot/cold showering and very hot bath water.

Pumping the blood back to the heart means overcoming a difference in altitude of approximately 1.5 metres. Therefore use every opportunity to put your feet up; it supports your veins.



The ideal way to sit with raised legs: anatomically formed vein pillows. Consult your local pharmacist.

Vein walking – trendy and healthy

Walking is an especially good activity for your veins. A healthy gait gets the blood pumping in your veins, naturally promoting blood circulation to the heart without overloading either the heart or the venous system. Normal or brisk walking also has the added advantage of being suitable for everyone.

Try to find your own rhythm in walking, and stay relaxed:

- At the start, keep a steady pace
- Place heels with slightly-bent knee, roll foot over its entire sole, place front of foot in the direction of walking
- Angle the arms and swing them by your side to match your stride
- Allow your shoulders to hang loose and push out your chest
- Consciously breathe in and out – look about four or five metres ahead

Go walking with a partner. You can find guided walking groups almost every-where, e.g. sports centres or adult education.



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