



## *Healthy Legs, Healthy You!*

Your legs can reflect your overall health.  
*What do yours say about you?*

### **Is it vein?**

Varicose veins and other vein-related diseases are a common yet serious health concern. Veins carry blood and oxygen throughout our body. Varicose veins are associated with getting older, but they could be a sign of something more serious. Look for:

- leg pain from extensive standing or sitting
- visible varicose veins or spider veins
- swollen ankles at the end of the day
- fatigued or heavy feeling legs
- restless legs or pain while sleeping

Routine vein and vascular screenings can help in the early detection of potentially serious problems. CMC's Vein & Vascular Specialists offers extensive screening services in our new, convenient facility in Bedford.

A complementary vein screening clinic is held the second Thursday of every month from 5:00 – 6:00 PM.

**Call CMC's Vein & Vascular Specialists  
at 603.665.5150 to book your  
screening today!**



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## **Is it vascular?**

Vascular problems can lead to life-threatening conditions like heart attack, stroke and limb loss. Vascular disease occurs when plaque builds up in the arteries and diminishes blood flow. Risk factors include smoking, age and high cholesterol. Symptoms can be hard to detect, but most often occur in the legs:

- trouble or pain with walking
- poor wound healing
- cool skin or sores on the legs
- visual problems
- high blood pressure

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Vascular screenings are available by appointment and cost \$95.

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