

## 12. LIFE-STYLE, SPORT, NUTRITION



Life-style, sport & nutrition can all be considered like drugs: harmful or helpful based on how they are practiced. Evidence-based statements on the related venous-lymphatic field are reported. Insights available here:

[www.vwinfoundation.com/fake-news-free-project/](http://www.vwinfoundation.com/fake-news-free-project/)

### LIFE-STYLE, SPORT, NUTRITION

1. Obesity, postural defects, physical inactivity are risk factors for leg chronic venous disease.
2. Oral and injectable hormone use can increase the risk of venous thrombo-embolism. Transdermal administration can reduce the thrombo-embolic risk but more investigations are needed for a final recommendation
3. Up to the knowledge of this experts panel, no food, drink or supplement has scientifically demonstrated to improve venous-lymphatic circulation. Relying to the expert physician is of paramount importance before using whatever supplement.
4. Up to the knowledge of this experts panel, no specific diet has been scientifically validated for venous-lymphatic improvement. A diet aimed to avoid obesity, oxidative stress and excessive venous-lymphatic dilation should be preferred and customized on the specific subject case.
5. Physical activity requiring progressive, gentle activation of leg calf muscle can facilitate venous drainage. Physical activity requiring sudden activation of the calf muscle, possible leg constriction or trauma can harm venous drainage.. A specialist consult can help identifying the correct exercise type.
6. Certified properly prescribed graduated compression can improve perceived exertion after walking and subjective comfort after prolonged sitting. Indication by a health-professional is recommended.
7. Certified properly prescribed graduated compression stockings can reduce leg swelling after 4 hours flight. Patients at risk of venous-thrombembolism should wear certified compression stockings prescribed by an expert health-professional.
8. Neuromuscular electrical stimulation has shown preliminary evidence of potential benefit in leg venous drainage. More data are needed to validate its use, for which an indication of the expert physician is suggested.
9. Specifically standardized aquatic exercises demonstrated to be beneficial for leg venous-lymphatic drainage. SPA/aquatic aspecific walks are still needing proper scientific validation.
10. Medical information is heavily subjected to fake news: relying always on validated scientific papers and experts health professionals is crucial.