

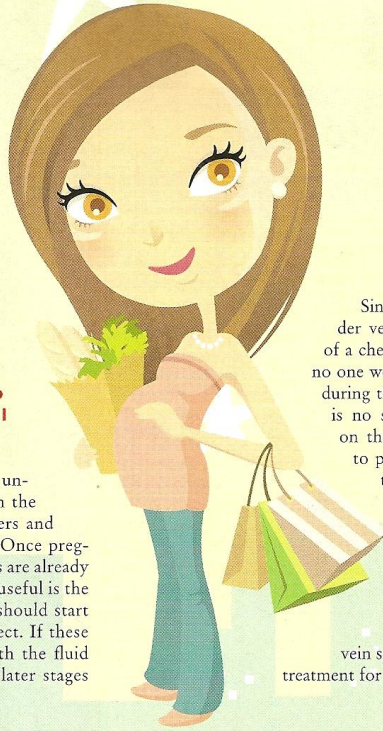
get smart

## You Asked. They Answered.

**Q: I'm a mother of two, and currently three months pregnant. After each pregnancy/labor I get more and more spider veins on my legs. They are unattractive and even painful at times. Is there something I can do now, before I go into labor again, to prevent more veins on my legs? Is there anything I can do to remove the veins I have already?**

**A: Dr. John Daake, Reno Vein Clinic:** It is not at all uncommon for each pregnancy to add its own mark on the legs; some women can point to various spider clusters and name them – “This was Sarah, this was Mark, etc.” Once pregnancy is underway, the hormonal effects on your veins are already well established. The only preventive measure that is useful is the wearing of maternity compression stockings, which should start as early in the pregnancy as possible to have best effect. If these stockings are made correctly, they can also help with the fluid retention and heaviness that often accompanies the later stages of pregnancy.

Since treatment of the existing spider veins usually involves injections of a chemical substance into the veins, no one would want to take this measure during the pregnancy. Although there is no specific evidence of ill effects on the baby, it doesn't make sense to put chemicals into your system that will reach the fetus. There is normally some regression of veins after delivery and the usual waiting time before beginning treatment for the existing veins is two months after the birth. Consultation with a vein specialist can determine the best treatment for your specific problems.



**Q: I read the article in your last issue about kids getting flu shots. I think it's a good idea, but my son is extremely afraid of needles. Is there an alternative?**

**A Heidi S. Hurst, MA, Statewide Project Manager, Nevada Immunization Coalition:** There is an alternative available to children and adults that also provides protection against seasonal influenza (flu) that is not a shot. FluMist is a needle-free flu vaccine – a gentle nasal mist delivered into the nose, where the flu virus usually enters the body. Just a quick, painless spray in each nostril is all it takes. It is approved for healthy, non-pregnant persons ages 2 - 49. Ask your healthcare provider if FluMist is right for you or your child. Flu immunization clinics at Walgreens, Raley's and Saint Mary's have FluMist as well as select private providers, while the supply lasts. For more information, please call the Nevada Immunization Coalition at (775) 770-6713.

**Q: I don't always feel safe and assured when I'm driving in the winter. Got any tips?**

**A: Rhonda Hartley, customer care manager, Mercedes-Benz of Reno:** In order to have confidence that you and your family will be safe, you want to make sure to take these steps:

- Make sure you have the right snow tires for your vehicle.
- Check your wiper blades to ensure they are in good condition. Complete any additional services that need to be done.
- You will also want to make sure that all of your fluids are at the proper levels and your battery is in good condition.
- Finally, it is always important to have an emergency safety kit in your vehicle with flairs, water, blankets or warm clothing, dried food, tools, a shovel and a small first aid kit. ☺

Send your questions to [jackie@familypulsemag.com](mailto:jackie@familypulsemag.com).