

Got the blues about Black & Blue's?

Check out this interesting & helpful information from WebMD's Dr. Leslie Baumann, to learn just why some people bruise more than others, and what you can do to prevent black & blue's!

While it is true that some people do bruise easier than others, there are steps you can take to reduce your risk.

- Familiarize yourself with things that make you more susceptible to bruising: alcohol, NSAIDS (like aspirin or ibuprofen), and long-term use of steroids can all make blood vessels fragile.
- Supplements and foods like St. John's Wort, green tea, Vitamin E, ginko, and ginseng also have a blood-thinning effect that increases your bruising risk.

You may decide that the benefits of these items outweigh their side effects, and that's OK, too - a little normal bruising does not usually pose a health risk. Furthermore, if you have been medically advised to take aspirin, blood thinners, or steroids, do not stop taking them; talk with your doctor about your bruising concerns.

Another approach is to simply eliminate items from the list above as a preemptive measure before activities that could lead to bruising, like playing sports or undergoing certain dermatological treatments. Dr. Baumann recommends that patients avoid unnecessary blood-thinning items for ten days before treatment with dermal fillers, for example.

To read this article in its entirety check out the link below:

<http://health.yahoo.com/experts/skintype/12680/do-you-bruise-a-lot/>