

## PREGNANCY



#### Your Life Is Changing, but Your Leg Health Doesn't Have to...

Keep your legs feeling energized and enjoy relief from tired, achy, or swollen legs. Compression can help you have a happy and healthy pregnancy!

Find out how you can help your legs!

### **PREGNANCY**

#### Improved Circulation For You & Your Baby

About 30% of women pregnant for the first time and 55% of women who have had two or more full term pregnancies will develop varicose veins.<sup>1</sup>

Other changes you can expect in your body during pregnancy include:

• Greater blood production causing a higher stress on your veins

 Increased pressure in the pelvic area which can cause blood flow obstruction, swelling, discomfort and, you guessed it, varicose veins

 Heavy, tired, swollen and aching legs and feet

Weakened blood vessel walls

 Changing hormone levels during pregnancy and after birth

Blood supplies your body and your baby with nutrients and oxygen while removing waste products. Your heart, arteries, and veins work together to facilitate healthy blood circulation, but when you have a venous disorder, blood isn't flowing the way it should be. Wearing graduated compression can help improve circulation. Better blood flow is very important for keeping you and your baby healthy during your pregnancy.

#### Styles to Fit Your Life

There are varying styles of compression hosiery including pantyhose, thigh-high and calf. The misconception that pregnant women need to wear a pantyhose style simply isn't true. When wearing compression, the focus is on your calves so wearing a thigh-high or calf style will work just fine.

Good News!

Wearing graduated compression socks and hosiery daily improves circulation, which helps:





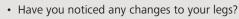
- Revitalize legs
- Minimize your risk of getting spider and varicose veins
- Energize your legs throughout the day
- Reduce leg swelling
- Prevents pooling of blood



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Now that you know all about the changes going on in your body and how graduated compression can help, take our short self-assessment to see if compression garments can help you.



- Do you have spider veins on your legs?
- Does your work require you to sit or stand for long periods of time?
- · Are your ankles swollen in the evening?
- Do your leg problems ease when you elevate your legs?

If you answered yes to any of these questions, ask your doctor if compression wear is right for you!

# Wondering what to ask your doctor?

Start out with these three easy questions:

- 1. I've noticed my legs are starting to swell at night. What does this mean?
- 2. My legs feel tired and heavy sometimes. Should I be worried?
- 3. I want to prevent varicose veins from forming in my legs. How do I do that?

Pregnancy is an incredible experience, and you should enjoy it. Don't go through your pregnancy with tired, aching, and swollen legs. SIGVARIS GROUP can help!

Visit sigvaris.com to check out all the styles we offer!