

Are you at risk for DVT?

Nearly one million Americans are diagnosed with a Deep Vein Thrombosis (DVT) every year.¹ Understanding your risks can aid in prevention.



Find out how you can help your legs!

What Is DVT?

A DVT is a blood clot that usually forms in your leg or calf which blocks the flow of blood. Symptoms of a DVT include leg pain and tenderness with swelling and redness in the affected leg but, sometimes a DVT shows no signs at all. If left untreated, a blood clot can break loose and travel to your lungs. This instance is known as a Pulmonary Embolism (PE) and can be deadly.

DVT Risk Factors

- Heredity
- Prolonged sitting or standing
- Sedentary lifestyle
- History of DVT and clotting disorders
- Age over 40
- Pregnancy
- Obesity
- Long distance travel
- Surgery or trauma

DVT is a blood clot that usually forms in the leg. DVT symptoms include leg pain, swelling, tenderness, increased warmth and redness, and visible surface veins.

If you experience any of these symptoms, especially if they occur suddenly, seek medical attention immediately.



**Don't let a DVT
happen to you...
wear compression!**

Graduated Compression Can Work for You

Graduated compression is greatest at the ankle and gradually decreases up your leg to improve blood flow. The upward motion of blood flow reduces swelling in your feet, ankles and legs and helps prevent DVTs.² Wearing graduated compression socks and hosiery daily also increases circulation which helps:

- Revitalize legs
- Minimize your risk of developing spider and varicose veins
- Prevent pooling of blood in your legs
- Reduce leg swelling



SIGVARIS socks and hosiery help your legs feel and look great!

¹ www.cdc.gov 2019

² Rabe E et al. Indications for Medical Compression Stockings in Venous and Lymphatic Disorders: An Evidence-based Consensus Statement. *Phlebology* 2018, Vol 33(3) 163-184

Q:

Now that you know about the risks of developing venous disease and DVTs, take our short self-assessment to see if compression garments can help you have healthier legs.

- Have you previously suffered a DVT?
- Do you have varicose or spider veins on your legs?
- Do you take hormone supplements like birth control or HRT?
- Do you frequently travel over long distances?
- Do you have clotting disorders?
- Are you pregnant?

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 two easy questions:

1. I travel a lot. Can I benefit from graduated compression?
2. Am I at risk for a DVT?

If you suspect you have a DVT, please seek immediate medical attention.



Visit us at sigvaris.com to check out all the styles we have to offer. Improve your leg health today!