



Healthy Veins Are Key for Healthy Legs

Your veins are important. Are you taking care of them? Prevent unsightly and painful varicose veins while taking care of your leg health.

Find out how you can help your legs!

Understanding Your Veins

We all know the most important muscle in our bodies is the heart. But did you know there's a second "heart" in your body? It's in your legs. Your calf muscles contract and relax moving blood back up to your heart and lungs. When your calf is contracting, vein valves open allowing the flow of blood, but when your calf is relaxing, the valves close to prevent the reverse flow of blood. Reverse blood flow, known as reflux, can cause pressure to build within your veins leading to weakened and stretched vein walls.

Weakened and damaged veins don't move blood as well causing blood to pool. This leads to enlarged and distended veins called varicose veins. Varicose veins are among the most common vein disorders and are treatable once diagnosed by your doctor. Left untreated, they can lead to much more serious conditions like skin ulcers and painful swelling.

So what causes varicose veins? Risk factors include age, pregnancy, genetics, obesity, gender and sitting and standing for long periods of time.

The main symptoms of varicose veins include:

- Noticeably large, gnarled veins under the surface of your skin
- Leg pain and swelling
- Throbbing
- Burning
- Restlessness



Graduated Compression Can Work for You

Medical compression helps prevent and manage mild to moderate cases of varicose veins.¹ Graduated compression means that the highest level of pressure is at the ankle and decreases in pressure going up the leg to improve blood flow.. Other benefits of wearing compression garments include:

- Revitalizing your legs
- Reduce swelling in your legs
- Prevent the pooling of blood in your legs

Graduated Compression



- **Keep your feet moving!** Foot exercises help pump blood back up to the heart
- **Avoid long periods of inactivity**—get up and move around as often as possible
- **Drink plenty of fluids**
- **Talk with your doctor about wearing graduated compression socks or hosiery**

https://medlineplus.gov/varicoseveins.html#cat_51
<https://www.nhlbi.nih.gov/health-topics/varicose-veins>

1 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 how varicose veins can affect you, take our short self-assessment to see if compression garments can help you manage and combat your symptoms.

- Have you noticed any changes to your legs?
- Can you see large, gnarled veins in your legs?
- Are you over the age of 35?
- Do you frequently travel over long distances?
- Do your leg problems ease when elevated?
- Do your ankles swell?

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 four easy questions:

1. I've noticed my legs are starting to swell in the evening.
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?
4. Can wearing graduated compression help improve my leg health?

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