

Live Your Best Life with Healthy Legs

Diabetes can affect your life
in many ways, so make sure
it doesn't affect your
leg health.



Find out how you can help your legs!

Diabetes and Your Leg Health

If you have diabetes, you know the challenges it can add to your daily life. People with diabetes often have issues with circulation that cause swelling in your feet, ankles and legs. This swelling is known as peripheral edema.

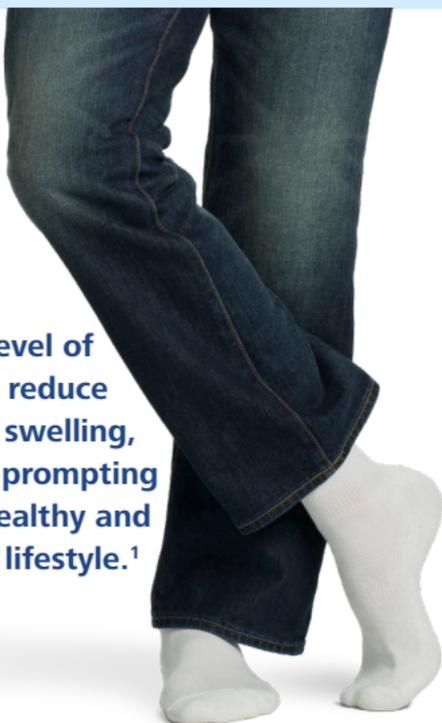
More serious conditions can be associated with peripheral edema, including Chronic Venous Insufficiency (CVI) and leg ulcers.

Graduated Compression Can Work for You

The International Diabetes Federation published a study that found that diabetic compression socks safely reduce lower extremity edema in patients with diabetes. But how does wearing a sock help?

Graduated compression is greatest at the ankle and gradually decreases up your leg to improve blood flow. A diabetic compression sock goes over your calf and, with a gentle squeeze, encourages your veins to do their job.

A compression level of 18–25mmHg helps reduce the symptoms of swelling, tired and achy legs prompting you to carry on a healthy and active lifestyle.¹



Compression Solutions to Keep Your Legs Healthy

SIGVARIS' diabetic socks are ideal for men and women with diabetes who experience leg swelling and could benefit from compression. These socks feature:

- Graduated compression to help improve circulation and reduce swelling
- *drirelease*® yarns to keep feet dry and odor free to support daily foot care
- A flat toe seam which reduces friction and protects feet
- Extra padded soles for superior comfort
- A comfortable, non-binding top band



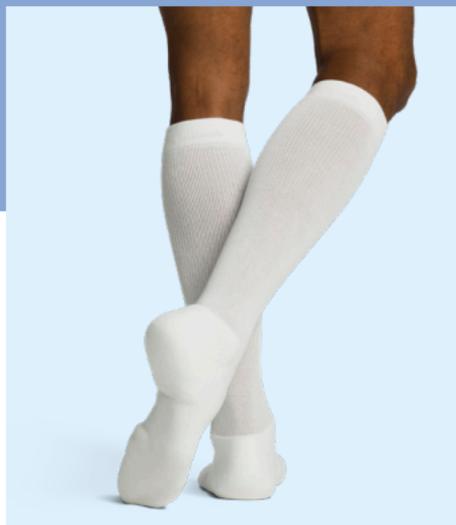
White is the ideal sock color for people who suffer from diabetes. Because of the increased risk of developing neuropathy, a white sock can show any signs of drainage of wounds or other symptoms of injury.

Q:

Now that you know all about how diabetes can impact your vein and leg health, take our short self-assessment to determine if compression wear can benefit you.

- Have you noticed any changes to your legs?
- Do you have varicose veins?
- Is the skin around your lower leg or ankles discolored?
- Have you ever had a leg ulcer or sore?
- Are your ankles swollen in the evening?

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've noticed some swelling in my ankles and legs. What does this mean?
2. Could I benefit from diabetic compression socks?

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