

Vein check

	Yes	No
Does your work require you to sit or stand for long periods of time?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Are you overweight?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Does anyone in your family suffer from leg complaints, e.g. varicose veins?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Are you pregnant?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Are you over the age of 50?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Do you take hormone supplements, e.g. the pill or supplements to help with the menopause?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Have you had leg surgery?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Have you noticed any changes to your legs?	<input type="checkbox"/> 3	<input type="checkbox"/> 0
Has the skin around your lower leg or ankles altered?	<input type="checkbox"/> 3	<input type="checkbox"/> 0
Do you have spider veins on your legs?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Do you have varicose veins?	<input type="checkbox"/> 3	<input type="checkbox"/> 0
Have you ever been diagnosed with phlebitis?	<input type="checkbox"/> 3	<input type="checkbox"/> 0
Are your ankles swollen in the evening?	<input type="checkbox"/> 3	<input type="checkbox"/> 0
Do your leg problems ease when you elevate your legs?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Have you ever had a thrombosis?	<input type="checkbox"/> 5	<input type="checkbox"/> 0
Have you ever had a venous ulcer?	<input type="checkbox"/> 5	<input type="checkbox"/> 0

Total score

Your personal assessment

0–7 points

There is no real risk of a venous disorder at present. However, you can still take preventive measures in certain situations to ensure your legs remain healthy:

People whose work involves sitting or standing for long periods of time will benefit from wearing fashionable, low-pressure compression stockings that reduce leg complaints and swelling in the evenings.

For your own safety, we recommend you take precautionary measures before embarking on a journey (car, train, plane) lasting several hours or more. Wearing travel stockings whilst travelling can prevent unpleasant swelling of the legs and also reduces the risk of venous thrombosis.

Find out more at your specialist store.

8–10 points

Take your leg complaints seriously and help ensure healthy veins. Talk to your doctor. Sometimes, complaints can be resolved by taking simple, preventive measures or compression treatment.

More than 10 points

Expert advice from a venous disease specialist and on-going general medical care will help to alleviate your discomfort and prevent the disease from progressing further.