

Venous diseases and their consequences

One in five women and one in six men suffer from the effects of a venous disorder. For this reason venous disorders are among the widespread diseases.

When veins are abnormally enlarged, the venous valves can no longer close properly. This makes it impossible for the veins to transport the used blood back to the heart effectively. The blood accumulates in particular in the leg veins, causing pain in the legs and edema (swollen legs). Serious forms of venous disease can also result in varicose veins and skin disorders such as discolouration, eczema, hardening of the skin and venous ulcers (ulcus cruris).

Carry out your own vein check!

Give your legs the attention they deserve and help ensure a pain-free future with healthy legs.

The following checklist was produced on the recommendation of leading specialists. While this vein check cannot replace a thorough examination by your doctor, it enables you to easily identify whether you are at risk of developing varicose veins or a serious venous disease. Once you have answered all the questions, add up your points.

Vein check

	Yes	No
Do you predominantly perform activities standing and / or sitting?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Are you overweight (BMI > 30)?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Does anyone in your family suffer from leg problems, 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 older than 50 years of age?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Do you take hormone preparations, e.g. the contraceptive pill or menopausal preparations?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Have you recently had leg surgery?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Have you noticed any changes to your legs (e.g. spider veins, feelings of tension, etc.)?	<input type="checkbox"/> 3	<input type="checkbox"/> 0
Has the skin on your lower leg or ankle changed (e.g. eczemas or color changes, etc.)?	<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
Do you suffer from swelling of the ankles in the evening?	<input type="checkbox"/> 3	<input type="checkbox"/> 0
Do your complaints improve if you put your legs up (e.g. less pain, reduction of leg swelling, etc.)?	<input type="checkbox"/> 1	<input type="checkbox"/> 0
Have you ever suffered from a thrombosis?	<input type="checkbox"/> 5	<input type="checkbox"/> 0
Have you ever had a leg ulcer?	<input type="checkbox"/> 5	<input type="checkbox"/> 0

Total score



Spider veins on the thigh

50% of people with spider veins have a venous problem.

Your personal assessment

0-7 points

There is currently no acute risk of venous disease. Nonetheless, in certain situations you can take precautions to improve the health of your legs: people who predominantly perform standing or sitting activities can benefit from fashionable compression stockings exerting slight pressure which reduce swelling and leg pain.

For your safety, the SIGVARIS GROUP recommends that you take precautions for all journeys lasting several hours (car, train, flight). Wearing a travel stocking can reduce unpleasant swelling of the legs and reduce the risk of venous thrombosis.

Ask your specialist shop for advice.

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

Medical advice from a specialist in venous diseases and long-term family doctor care will help alleviate your symptoms and delay or even prevent further progression of the disease.

Widespread venous disorders – more than just a cosmetic concern!

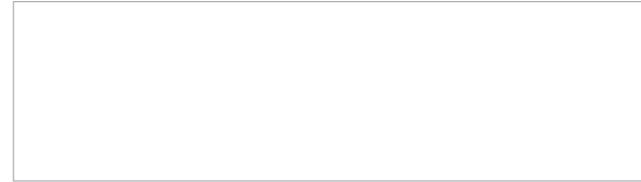
When veins are prevented from functioning normally, there are often far-reaching health consequences. Skin alterations on the legs, venous ulcers and an increased risk of thrombosis are all possible consequences of chronic venous insufficiency.

A well-timed examination and explanation by the doctor followed by the necessary treatment can improve the symptoms and prevent the disease from progressing further.

Compression therapy is the basic therapy recommended for chronic venous insufficiency. The principle is as simple as it is effective. The veins are compressed back to their normal size by exerting carefully controlled pressure on the leg tissue and blood vessels. This helps the undamaged venous valves to function properly and speeds up the return blood flow to the heart via the veins, thereby reducing leg edema. Wearing compression stockings will significantly improve your health and quality of life.

SIGVARIS GROUP high-quality medical compression stockings are manufactured in Switzerland with great attention to detail and utmost precision. Our products not only bring medical benefits, but they are also extremely fashionable.

Visit our website www.sigvaris.com to find out more about compression treatment.



Export

SIGVARIS AG
Gröblistrasse 8
9014 St. Gallen
Switzerland
Phone +41 71 272 40 00

Great Britain

SIGVARIS Britain LTD.
1 Imperial Court
Magellan Close
Andover
SP10 5NT
Phone +44 1264 326 666

Australia

SIGVARIS (Australia) Pty. Ltd.
207 Victoria Street
West Melbourne VIC 3003
Phone 1300 SIGVARIS (1300 744 827)

Middle East

SIGVARIS AG (DMCC Branch)
Unit No: AG-05-C
Silver (AG) Tower
Jumeirah Lakes Towers
Dubai – United Arab Emirates
Phone + 971 4 558 6265

www.sigvaris.com

SIGVARIS and SIGVARIS GROUP are registered trademarks of SIGVARIS AG, CH-9014 St.Gallen/Switzerland, in many countries worldwide.
© 2020 Copyright by SIGVARIS AG, St.Gallen/Switzerland

SIGVARIS
GROUP

SIGVARIS
GROUP



Carry out the vein check!

How healthy are your veins?