

LEARN ABOUT VARICOSE VEINS & VENOUS DISEASE



What is Venous Disease? Varicose veins and chronic venous insufficiency (CVI) occur when blood pools in the leg, which causes an increase in pressure in the veins. This often happens when the vein valves are not functioning properly.

Symptoms

- Varicose Veins/
Spider Veins
- Aching
- Burning
- Cramps
- Throbbing
- Discoloration
- Heaviness
- Itching
- Swelling
- Pain
- Ulcer



Who is Prone to Venous Disease?

- Genetic predisposition
- Obesity
- Female gender
- Pregnancy
- Aging
- Prolonged standing and/or sitting



How is Venous Disease Diagnosed?

Ultrasound is a painless, noninvasive test to diagnose venous disease.



What are Vein Valves?

Valves are thin flaps of tissue oriented to direct the blood toward the heart.

When valves aren't properly functioning blood starts flowing in the wrong direction toward the feet.



Can Venous Disease be Treated?

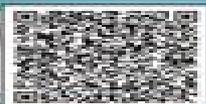
Your doctor will speak with you about your treatment options.

CONSERVATIVE TREATMENTS

- Leg elevation
- Exercise
- Weight loss
- Compression stockings

PROCEDURAL TREATMENTS

- Sclerotherapy
- Phlebectomy
- Ablations
- Other procedures



This educational material was developed with patients in mind. You can find more information about varicose veins and venous disease in *The Healthy Veins Book*, available for purchase in the ShopAVF Store. Learn more at VeinPatient.org.

Venous Disorders

F Rizvi

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