VARICOSE VEINS, TIRED AND ACHING LEGS? THEY COULD BE A SIGN OF VEIN DISEASE.

VISIBLE SYMPTOMS OF VEIN DISEASE

- Varicose veins
- Leg swelling
- Skin color and texture change
- Venous ulcers

UNDERSTANDING THE CAUSE

About Vein Disease
Healthy leg veins have valves that keep blood flowing to the heart.

NORMAL VEIN
Valves ensure blood flows in one direction

DISEASED VEIN
Valves that cannot close allow blood to drain and pool

Venous Reflux develops when the valves stop working properly and allow blood to flow backward (i.e., reflux) and pool in the lower leg veins.

Chronic Venous Insufficiency
If venous reflux is left untreated, it may worsen over time and develop into a more serious form of vein disease called chronic venous insufficiency (CVI).

The goal when treating venous reflux disease is to reduce or stop the backward flow of blood.

LEG VEIN ANATOMY

- Femoral Vein (Deep System)
- Saphenofemoral Junction (SFJ)
- Great Saphenous Vein (GSV)
- Popliteal Vein (Deep System)
- Small Saphenous Vein (SSV)

CVI SIGNS AND RISK FACTORS

If CVI is left untreated, symptoms can worsen over time. Using ultrasound to scan your leg(s), your physician will determine if vein disease is present.

CVI Signs & Symptoms in the Legs or Ankles
- Varicose veins
- Aching or pain
- Swelling
- Cramping
- Heavyness or tiredness
- Itching
- Restlessness
- Skin changes and/or discoloration
- Open sores or ulcers

CVI Risk Factors
- Family history
- Lack of exercise
- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking

Chronic venous insufficiency (CVI) and varicose veins are more common than you think. More than 30 million people in the United States have venous reflux or the more serious disease, CVI.