

Leg Vein Health

Solutions to managing venous conditions



#1 physician recommended

JOBST®

Comfort, Health and Style!

Venous disorders: Affecting all walks of life

Dear valued customer,

Venous disorders are common – just like high blood pressure, heart disease or diabetes – and should be taken seriously.

More than 80 million Americans suffer from vein disease, a medical condition that can lead to further health problems.¹ By the age of 50, nearly 40% of women and 20% of men have significant leg vein problems. It is estimated that at least 20-25 million Americans have varicose veins.²

Venous disorders are complex medical conditions, but this brochure can help you understand their cause and how best to manage these conditions.

As you continue to read, you will learn about veins and valves, explore the types of venous disorders, and discover solutions for managing venous conditions, including wearing JOBST® gradient compression stockings and socks.

We invite you into the pages of this brochure...

Your Partner in Leg Health,
BSN medical Inc.

¹ *Understanding Vein Disease*, Vein Clinics of America

² Venous Disease Coalition at www.venousdiseasecoalition.org

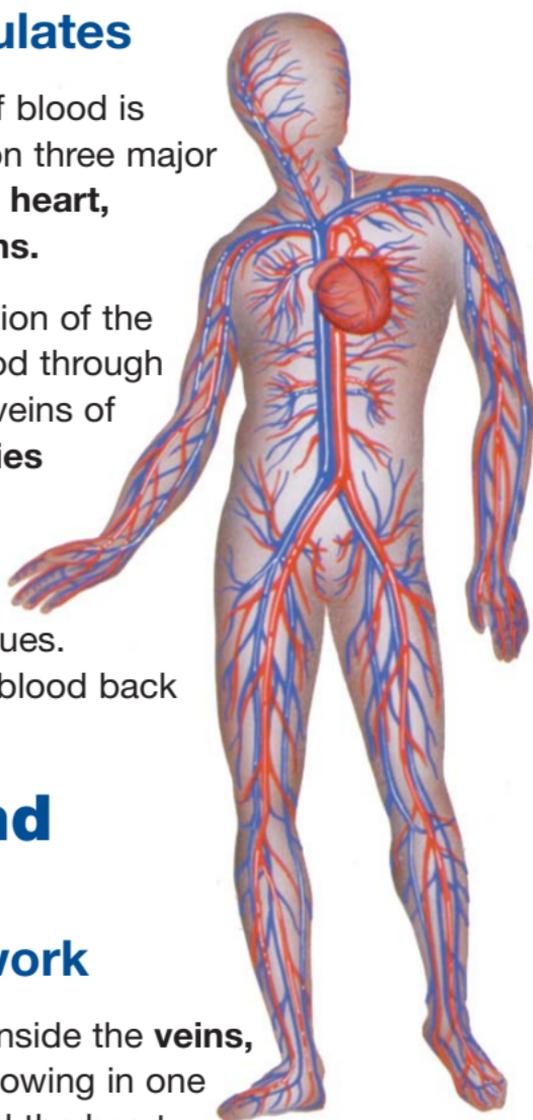
Blood:

How it circulates

The circulation of blood is possible based on three major components: the **heart**, **arteries** and **veins**.

The pumping action of the **heart** forces blood through the arteries and veins of your body. **Arteries** are the vessels that carry blood from the heart to your body tissues.

Veins return the blood back to your heart.



Veins and valves:

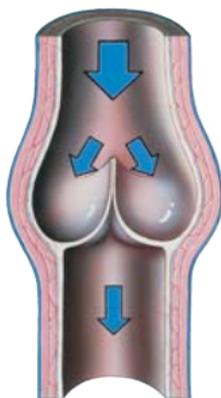
How they work

Valves, located inside the **veins**, keep the blood flowing in one direction - toward the heart.

Valves open to allow blood to return to the heart. They then close to prevent the blood from flowing backwards.

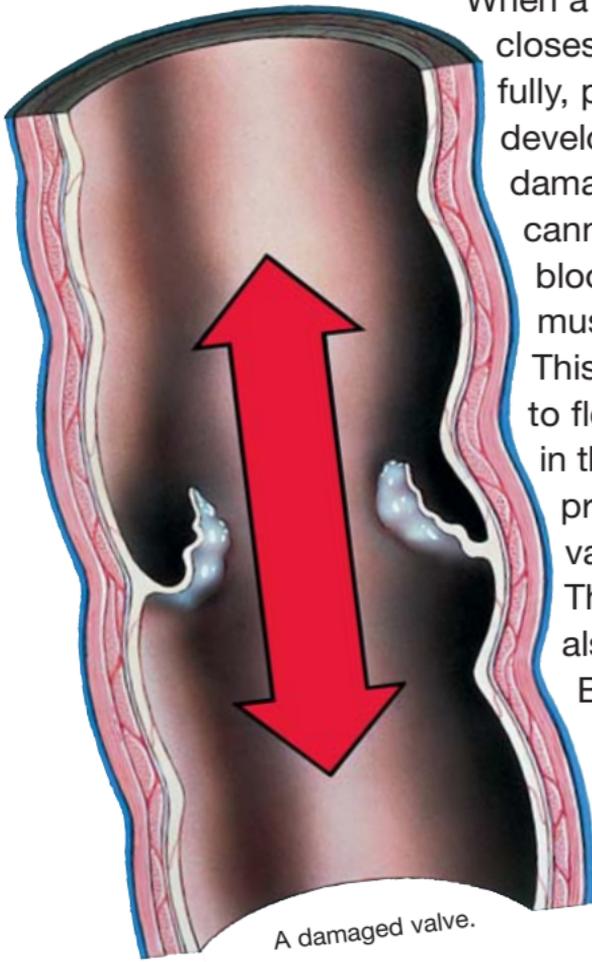


Valves open when muscles contract, allowing blood to return to the heart.



Valves close when muscles relax. Blood cannot flow backwards.

How vein problems occur

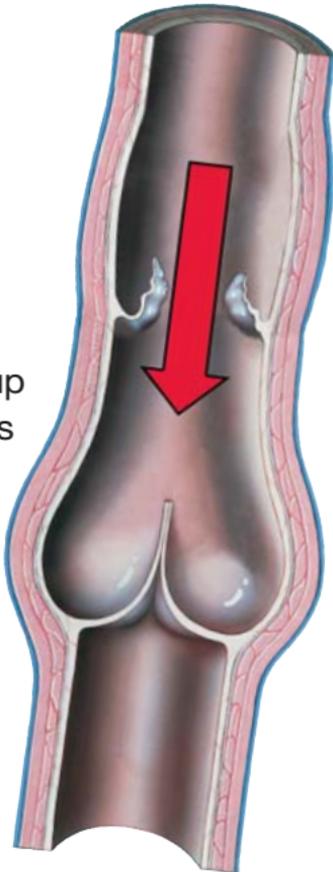


A damaged valve.

When a valve no longer closes properly or fully, problems can develop. Weak or damaged valves cannot support the blood when the muscle relaxes. This allows blood to flow backwards in the vein, creating pressure on the valves below. These valves can also weaken. Blood return to the heart is reduced and other complications can develop.

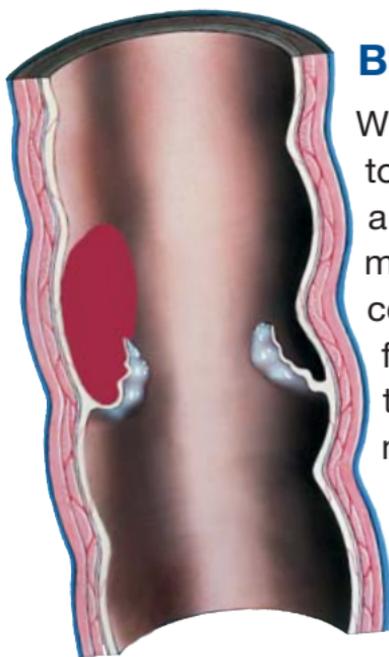
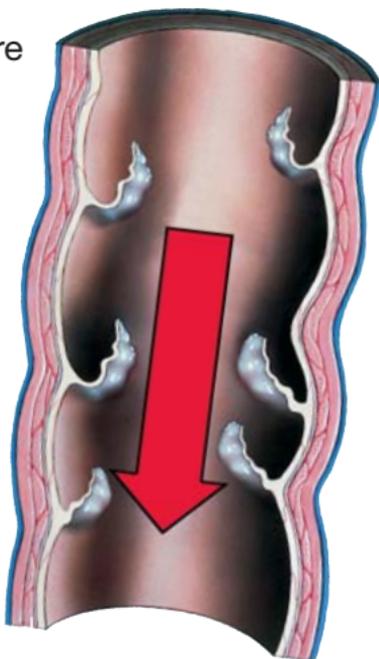
Pooling

A damaged or poorly closing valve in a vein allows blood to flow backwards. This can cause blood to back up and collect in the veins of the lower leg. Pooling of blood in the veins of the lower leg causes swelling, especially near the ankles and calves.



Enlarged veins

When a valve is damaged or missing, the backup of blood results in higher pressure in the veins below. This higher pressure, which directly affects the superficial veins (those closest to the skin), may strain the walls of the vein, causing them to enlarge and even twist. As the veins enlarge, the valves within them can no longer close fully. Enlarged superficial veins are visible bulges under the skin of the leg. These “ropy” veins are called varicose veins.



Blood clots

When blood cells stick together near a valve, a clot may form which may partially or completely block the flow of blood through the vein. Slow moving or poorly flowing blood in the veins is more likely to clot. Clots may be caused by

sluggish blood flow, injury to a vein, or abnormal blood clotting factors.

A clot in the deep veins, which is the most serious, is called a **deep vein thrombosis (DVT)**. Part of a DVT may break loose and lodge in the lungs or may also cause long-term problems in the leg.

Venous disorders:

A variety of conditions

Chronic venous insufficiency (CVI)

CVI results from damaged valves in the veins, causing blood to pool in the legs. This can lead to swelling, discomfort, skin damage and leg ulcers. Although there is no cure for this chronic condition, CVI can be effectively managed.

Symptoms of CVI include:

- inflammation and/or swelling of the leg
- leg pain
- varicose veins
- discoloration of the skin
- hardening of the skin or leg ulcers

Swelling

Swelling, also known as edema, occurs due to a buildup of fluid in the body's tissues, often in the lower leg and ankle. Prolonged swelling should not be ignored, as it may be sign of serious disease or chronic venous insufficiency. Consult your physician if swelling persists.

Symptoms of edema include:

- enlarged ankles and calves
- discomfort or tired legs
- decreased mobility (legs may feel heavy)
- decreased skin elasticity.

Varicose veins

Varicose veins, which can be mild to severe, are caused from a backflow or pooling of blood in a damaged vein. They may also occur as a result of heredity, or may develop during pregnancy.



Spider veins are small dilated vessels located close to the skin. They appear in a spidery or sunburst pattern.

Symptoms of varicose veins include:

- bulging veins
- aching and discomfort in the leg
- leg heaviness and fatigue
- inflammation

Venous ulcers

The chronic backup of blood due to damaged valves allows blood to pool in the lower leg, causing swelling. Chronic swelling interferes with the nutrition and oxygen supply to the skin. The skin becomes dry, flaky and darker in color. The skin is fragile and easily breaks with minor trauma, forming an open wound, which is slow to heal.

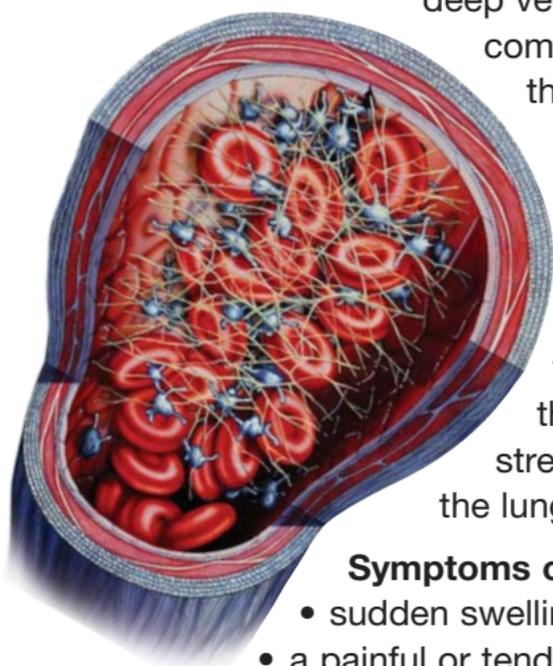
Symptoms of venous ulcers include:

- swelling of the ankle and lower leg
- dermatitis (or changes in the skin)
- purple or brown discoloration of the skin around and above the ankles
- open wound with moderate to heavy drainage

Deep vein thrombosis (DVT)

A DVT is a blood clot (thrombosis) that forms in a deep vein, partially or

completely blocking the flow of blood. A serious, potentially fatal complication of DVT is that a clot can detach from the wall of the vein, travel through the bloodstream, and lodge in the lungs.



Symptoms of DVT include:

- sudden swelling in the leg
- a painful or tender leg
- skin that is warm to the touch

Managing DVT:

Depending on the location of your DVT, your doctor may prescribe a blood thinner (anticoagulant). This type of medication may help prevent further blood clotting while your body dissolves the clot. Your doctor may prescribe compression stockings for you to wear while you recover and may also encourage you to walk.

Causes and risk factors of venous disorders

- Heredity
- Lack of exercise
- Age
- Tight fitting clothing
- High-heeled shoes
- Obesity
- Alcohol consumption during air travel
- Hot baths and excessive exposure to the sun
- Dehydration
- Pregnancy

If you suffer from the pain and discomfort of venous disorders, your doctor can prescribe the gradient compression garment that is right for you.



Venous conditions: How you can help yourself

You can encourage leg health by following these steps:

1. Elevate feet and legs

- When resting, elevate your feet above your heart
- Avoid crossing your legs, since this interferes with circulation



2. Exercise

- Improve your circulation by starting a regimen of walking, swimming or other aerobic activity*



3. Move your feet

- When sitting, wiggle your toes, flex your feet or tighten your calf muscles to improve blood flow

4. Wear JOBST® gradient compression stockings or socks

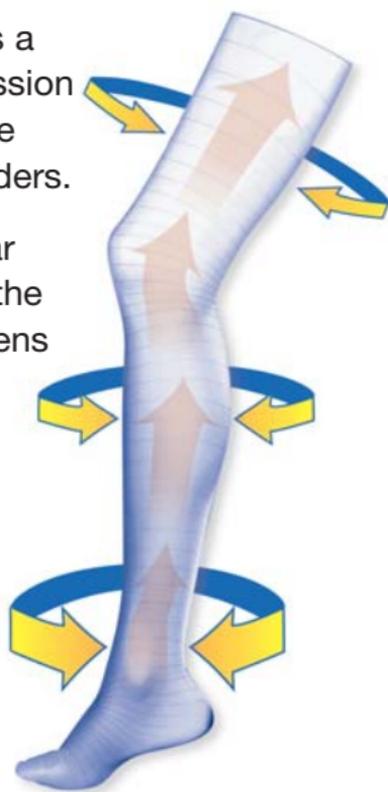
*Check with your doctor before starting an exercise program.

Precision therapy with gradient compression:

Gradient compression applies a measured amount of compression to your leg as the basis for the management of venous disorders.

Gradient compression legwear applies the most pressure at the ankle and then gradually lessens this pressure up the length of the leg. This helps the blood in your veins flow back toward your heart, even if your veins and valves are damaged.

Gradient compression therapy can help manage and prevent the progression of vein-related disorders.



Compression levels

JOBST® ready-to-wear medical compression products are available in four compression levels: 8-15, 15-20, 20-30 and 30-40 mmHg. JOBST® Custom garments can be ordered in any compression level: 20-90+ mmHg. The right compression level helps ensure that your venous condition is managed effectively.

Styles of compression legwear

JOBST® Compression Therapy is available in many styles. Any style is suitable provided the affected area is covered. JOBST® also offers a variety of fashionable fabric and color choices to meet the lifestyle needs of today's active men and women.



Knee High



Thigh High



Waist High



Maternity



Chaps



Solutions for all walks of life

UltraSheer: Therapy meets fashion in stylish gradient compression hosiery that is both beautifully sheer and medically effective. The sheerest in its class!



Opaque: Comfortable, compression therapy for year-round wear. Luxuriously soft and fashionable. Especially easy to put on.



forMen Casual: Effective therapy in a quality sock that looks just like “regular” men’s socks. Designed for all occasions.



ActiveWear: Effective therapy in an energizing athletic sock. Ideal for various activities, from walking to playing sports.



Contraindications and Cautions:

Do not wear compression stockings if you have any of the following conditions:

- severe arterial insufficiency
- congestive heart failure
- skin infections
- red, sensitive skin
- hardening of the skin or untreated leg ulcers

Consult your physician for advice if you have the following:

- sensitivity to the garment material
- impaired sensitivity of the limb
- non-ambulatory use (bedridden)

All JOBST® products are backed by the JOBST® Total Satisfaction Guarantee. Because your total satisfaction is our goal, if your new JOBST® product does not meet your expectations, simply wash and return it to the retailer where you purchased the product and we’ll do our best to make it right.



Benefitting from compression therapy

The following tips will help you maintain leg health:

- Wear your gradient compression stockings or socks every day.
- Put on your JOBST® stockings or socks first thing in the morning before swelling may occur.
- Keep your legs and feet warm to help promote circulation.
- Keep your skin in good condition with non-oily lotion, applied at bedtime.
- When traveling for long periods, be sure to get up, stretch, walk or move your feet a few minutes every hour.
- Be sure to have at least 2 pairs of JOBST®: one to wear and one to wash.

To learn more about vein disorders or to find a JOBST® dealer near you call **1-800-537-1063** or visit **www.jobst.com**



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