

# 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?

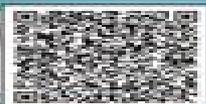
Your doctor will speak with you about your treatment options.

### 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](http://VeinPatient.org).

# Venous Disorders

**JA Banks**



## **Venous Disorders:**

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, Natureis Adventure: **Venous Disorders** . This immersive experience, available for download in a PDF format ( \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

<https://thebrandexperience.com/book/browse/default.aspx/Touch%20Of%20Danger.pdf>

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