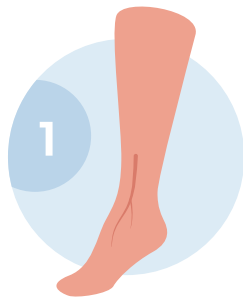


CHRONIC VENOUS INSUFFICIENCY

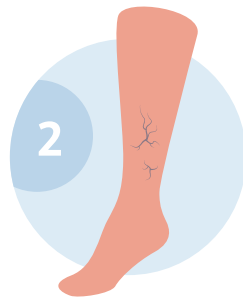
WHAT IS CHRONIC VENOUS INSUFFICIENCY?

Chronic Venous Insufficiency (CVI) occurs when the veins in your legs cannot properly send blood back up to your heart. This happens when vein valves become weak or damaged, causing blood to pool in the legs instead of flowing upward. Over time, this increased pressure can lead to swelling, varicose veins, skin change and ulcers.

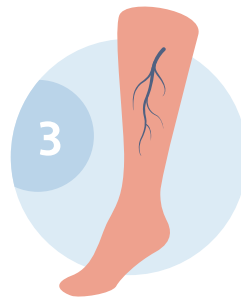
CVI MAY AFFECT UP TO 20% OF ADULTS, ACCORDING TO THE FOUNDATION TO ADVANCE VASCULAR CURES.



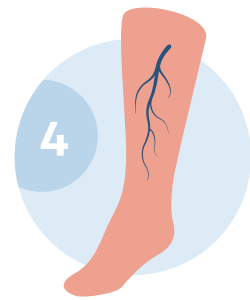
1
Vein Swelling



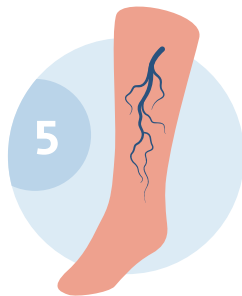
2
Crawling or Spider-Like Veins



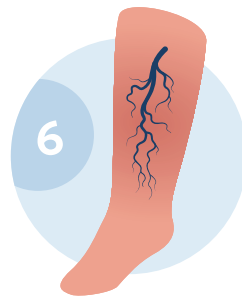
3
Enlarged or Swollen Veins (Varicosities)



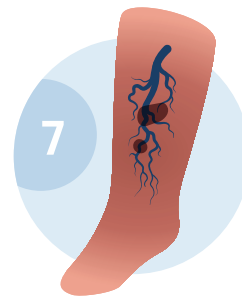
4
Edema and Leg Fatigue



5
Ankles Changes



6
Chronic Venous Insufficiency



7
Ulcers on the Legs or Ankles

CAUSES & RISK FACTORS



A history of blood clots (DVT)



Standing or sitting for long periods of time



Increasing age



A family history of varicose veins



Multiple pregnancies



Heavy lifting

CHRONIC VENOUS INSUFFICIENCY

Symptoms

- Swelling in the legs or ankles that moves up the leg
- Skin changes in the lower leg including scarring, thickening discoloration or eczema
- Aching, burning or throbbing legs
- Leg fatigue
- Restless leg



DIAGNOSIS



Doppler



Venous duplex ultrasound exam



CT scan or MRI

Treatment

Oracle Heart & Vascular may recommend a combination of medical treatment and:

- Lying down and elevating the feet above the heart 3-4 times a day
- Exercising
- Avoiding prolonged sitting or standing
- Eating well