

SIGVARIS

LIFE FOR LEGS



A Guide to
Healthier Legs

Are You at Risk?

Leg problems are widespread throughout the world, but what many people don't know is that approximately 80% of leg disorders originate within the veins. If you have tired, aching, swollen legs, or if you see the beginning of varicose veins, this brochure will help you learn how to improve the health of your venous circulation. Venous circulation problems can progressively worsen over time and can affect your health and quality of life.

Much can be done to decrease the risk of developing venous disorders. SIGVARIS believes that understanding the cause of venous disease is an important first step.

Are you at risk? Please read on...



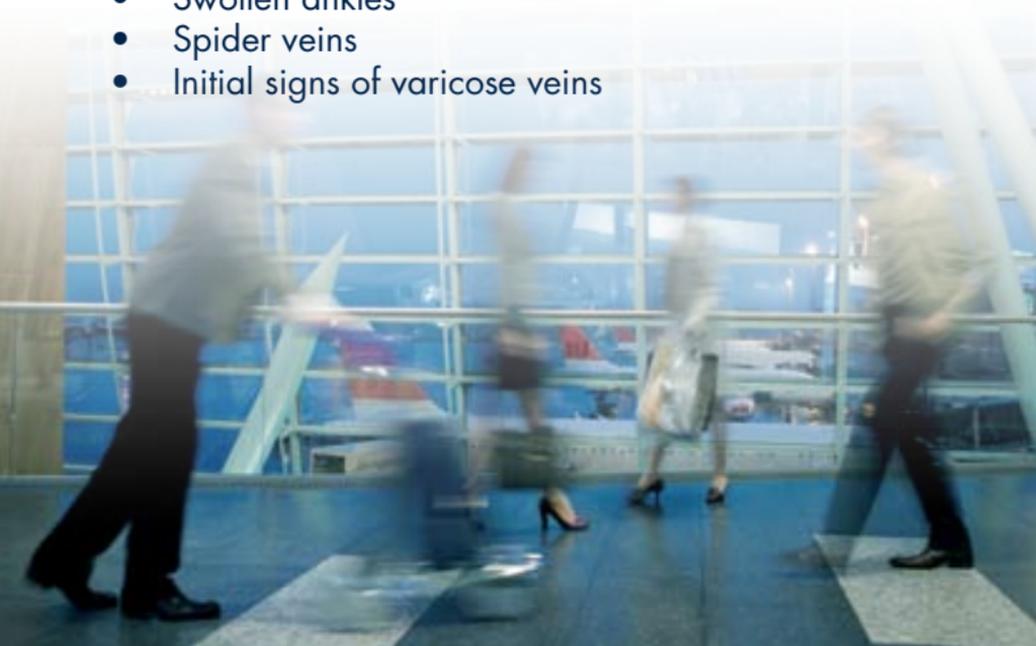
Causes and Risk Factors of Venous Problems

- Long distance travel
- Heredity
- Age over 40
- Prolonged sitting or standing
- Pregnancy
- Obesity
- Sedentary lifestyle
- Surgery or trauma
- Infectious disease
- Use of hormone medication

Common Symptoms

In most cases, venous problems do not just occur 'out of the blue.' There are typical warning signs, such as:

- Heavy, tired, or aching legs
- A feeling of tension, cramps, or fatigue
- Swollen ankles
- Spider veins
- Initial signs of varicose veins



The Circulatory System

The heart is the main pump of the circulatory system. It is the muscle that pumps oxygen-rich blood through the arteries and into tiny capillaries where body cells exchange the oxygen for carbon dioxide. The blood then enters the veins, which carries it back to the heart.

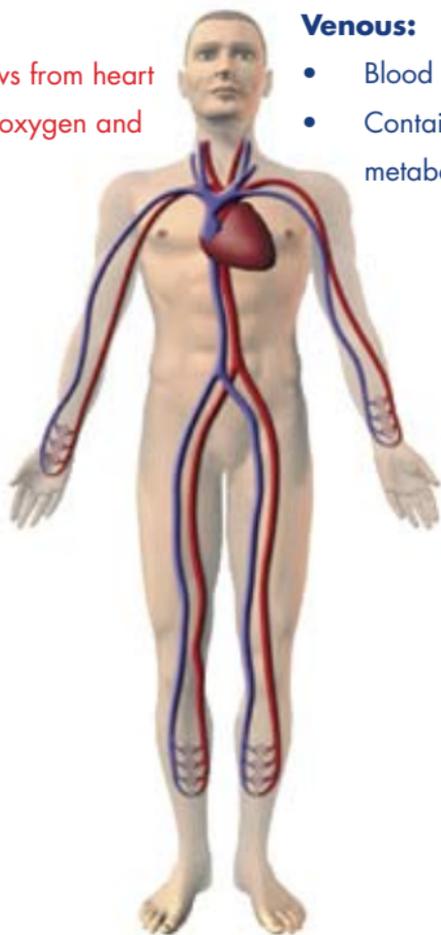
Circulating blood through the veins can be a challenge. By the time blood enters the veins, the force pushing this blood has weakened. Gravity forces veins to work even harder to return blood to the heart.

Arterial:

- Blood flows from heart
- Rich with oxygen and nutrients

Venous:

- Blood returns to heart
- Contains waste and metabolic residue

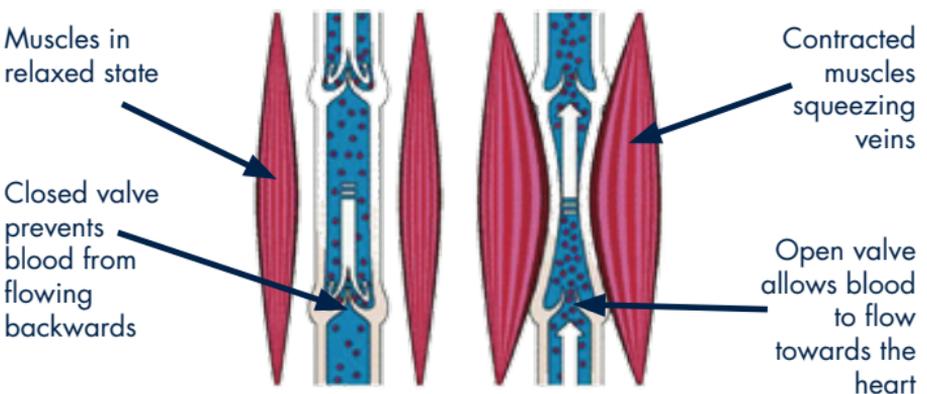


Venous Return

The body has a number of ways to help blood return to the heart. Just as the arterial system uses the power of the heart to drive fresh blood into the tissues, the calf muscle acts as a 'second heart' by contracting and relaxing as a person walks.

One-way valves in the superficial and deep veins help blood to flow back to the heart. The deep system handles the vast majority of the venous blood volume and is the high pressure system of the venous circulation in the legs. Most of the remaining blood volume is handled by the superficial system, which is the low pressure system. When calf muscles relax, the valves close to prevent blood from flowing backwards into the lower part of the vein. These valves are fragile and can be easily damaged.

Other 'pumps' help push blood toward the heart, such as the ankle, the foot, and the diaphragm.



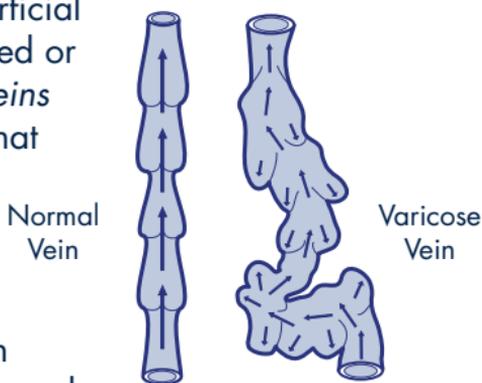
What Is Venous Insufficiency?

Venous insufficiency is a condition in which the valves of the veins fail to function. This interferes with venous return to the heart and causes blood to pool in the vein. Factors leading to venous insufficiency include venous stasis, changes or damage to the vein walls or valves.

Venous insufficiency can lead to spider veins, varicose veins, phlebitis, blood clots, and changes in the skin, including leg ulcers.

Descriptions of Venous Conditions

Spider veins are small superficial blood vessels that appear red or blue in the skin. *Varicose veins* are visibly enlarged veins that are often bluish in color and may appear twisted. They are caused by the pooling of blood in a damaged vein and can sometimes be painful. In the early stages of varicose veins, the legs may feel tired, heavy, achy, or tense.



Phlebitis is the inflammation of a vein wall, and is the most common problem associated with varicose veins. Symptoms can include swelling, redness, warmth, or pain in the affected area.

Descriptions of Venous Conditions

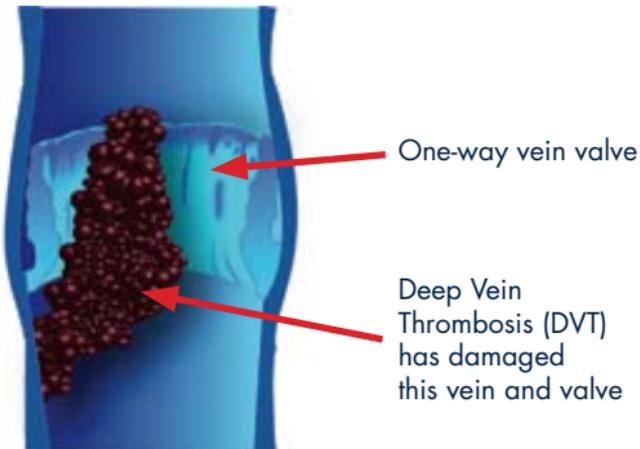
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A *Deep Vein Thrombosis (DVT)* is a blood clot in one of the deep veins. About 25% of DVTs move away from the deep veins and travel through the bloodstream into the lungs. This is known as a *pulmonary embolism*, and can have life-threatening consequences.

Symptoms of a DVT include:

- Pain and tenderness in one leg
- Swelling in one leg
- Increased warmth and redness in one leg
- Shortness of breath and fainting
- Pain in the chest

The symptoms of a DVT can go unrecognized.



Descriptions of Venous Conditions

Continued

Chronic Venous Insufficiency (CVI) is a collective term used to describe a long-standing condition involving impaired venous return in varying degrees of severity. Symptoms include:

- Edema (swelling)
- Feeling of heaviness in the legs
- Pain or cramps in the calves
- Skin discolorations
- Dermatitis (skin problems)
- Dry or weeping eczema
- Venous leg ulcer

A *Venous Leg Ulcer* is an open wound that usually forms near the ankle due to chronic poor circulation. The ulcer has a weeping, raw appearance and the skin surrounding the ulcer is dry, itchy, and reddish-brownish in color. Venous leg ulcers are usually slow to heal.

Did you know:

Compression therapy is the treatment of choice for CVI.

Why Compression Works

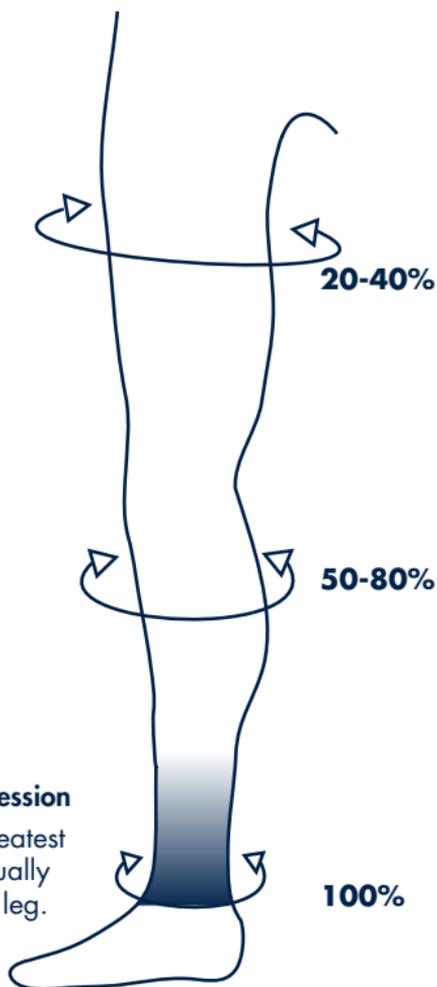
What does graduated compression therapy do to help with the management of venous problems? The external graduated compression of SIGVARIS socks and stockings acts as a layer of muscle by gently squeezing the stretched vein walls together, allowing the valves to close. The cavity of the vein is reduced, thereby restoring blood flow to a normal state and aiding overall circulation. To be most effective, the socks or stockings should be put on at the start of your day and removed before you go to bed.

Remember, the heart pumps blood against gravity up the veins of the legs. As a person walks, the contraction and relaxation of the calf muscles around the veins aid in moving blood toward the heart.

Some people have an inherited weakness of the vein walls or valves which creates additional challenges to venous return. Wearing SIGVARIS compression socks or stockings is vital for the prevention and treatment of varicose veins and other circulatory problems.

Graduated Compression

Compression is greatest at the ankle, gradually decreasing up the leg.



Your Doctor Can Help

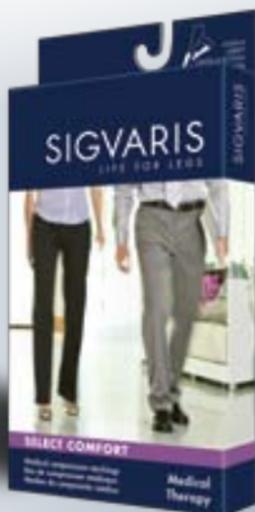
Effective methods for the treatment of venous disorders are readily available. Your physician can provide a diagnosis to correctly assess your condition and to take appropriate therapeutic measures.



When Does a Doctor Prescribe SIGVARIS

Many doctors prescribe SIGVARIS medical socks or stockings for any active vein disorder of the leg, or as a preventative measure in cases when risk factors are present. They are also prescribed after surgery for patients who are not confined to bed.

Filling your prescription is easy. Just go to a certified SIGVARIS dealer, where a trained fitter takes your measurements and can recommend the correct socks or stockings for you based on your physician's advice.



Product Selection Guide

SIGVARIS offers a wide range of socks and stockings designed to promote leg health. They are ideal for prevention and management of various levels of venous conditions.

Support Therapy (OTC) **For prevention and mild symptoms:** **15-20 mmHg**

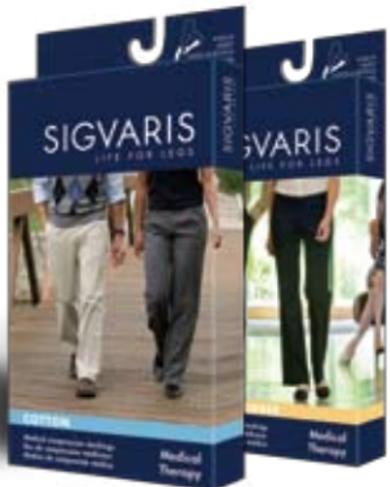
The SIGVARIS Support Therapy Collection helps promote leg health and provide relief from a range of common symptoms including tired, aching legs and swollen feet and ankles.



Medical Therapy (Prescription) **For moderate and more severe symptoms:** **20-30, 30-40, 40-50, 50-60 mmHg**

The SIGVARIS Medical Therapy Collection is designed according to the unique SIGVARIS Precise Fit Sizing™ System to ensure correct fit and accurate compression, resulting in optimum therapeutic benefits and greater wearing comfort.

SIGVARIS products are available at select dealers with trained staff who can assist you in your product selection. Please visit our website to locate a dealer near you.



How to Play Your Part

Six easy steps to better blood flow



1) *Avoid sitting or standing for long periods of time.* Our circulation improves with physical activity, so **GET UP!** Take a short walk, climb stairs, or make an effort to move around the office and at home. Avoid prolonged sitting or standing as this may increase leg pain and swelling.

2) After a long tiring day, especially during the summer, *revitalize your legs with a cool shower or bath.* Avoid extended exposure to heat from sunbathing, hot baths, or the sauna as excessive heat will cause your veins to dilate and may induce swelling.

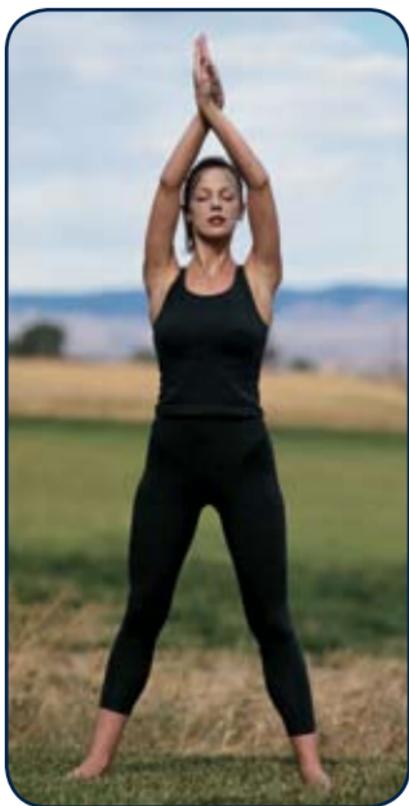


3) *Elevate your legs.* To boost your body's natural circulation, elevate your legs while you are sitting on the sofa or lying in bed at home. At the office, keep a leg rest under your desk.

4) *Work out.* Regular exercise always helps keep your body healthy. Some sports are better for improving circulation, such as swimming, walking, biking, gymnastics and yoga. Avoid sports that require sudden, hard stops like tennis, squash, hockey, volleyball and basketball if you are experiencing any early symptoms.

5) *Control your weight.* When you manage your weight through a healthy diet and regular exercise, you are more likely to have few leg symptoms and/or less swelling.

6) *Wear graduated compression socks and stockings.* SIGVARIS quality compression socks and stockings improve venous circulation to prevent and treat venous problems.



Did you know:

SIGVARIS socks & stockings
are ideal for travel.

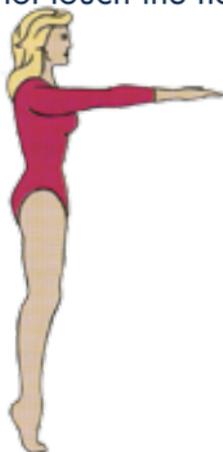
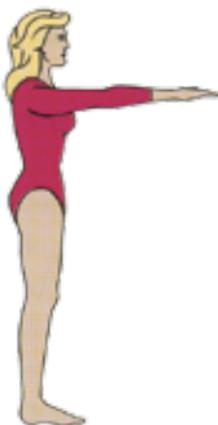
Special Exercises You Can Do to Help Your Circulation



Sit on the floor, draw up your legs and press your knees outwards onto the floor with the help of your arms.



Sit on the floor, draw up your legs, and then straighten them so that they do not touch the floor.



Stand up straight, arms forward, raise yourself onto your toes and lower yourself again until the foot sole is back on the floor. Repeat in a rhythmic movement.

Lie on your back, support your hips with your arms and "cycle" with your legs in the air.

The SIGVARIS Difference

- Designed according to the unique SIGVARIS Precise Fit Sizing™ System to ensure correct fit and accurate compression, for optimum therapeutic results and user compliance. The PFS™ System also greatly reduces the need for expensive, custom-made stockings
- Double-covered premium yarns provide superior wearing comfort, durability and easy donning
- Two-way stretch construction to facilitate application over the instep
- Fabrics that retain their compression throughout the day
- Fashionable product lines to meet different lifestyle needs of users



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For a certified SIGVARIS dealer near you, please visit
www.sigvarisusa.com www.sigvaris.ca