

## FACTS ABOUT VENOUS DISEASE

VENOUS DISEASE  
AFFECTS  
up to

40%

of the adult population worldwide

While there is often a genetic predisposition, other factors such as a sedentary lifestyle, pregnancy and obesity also play a role



**1 OUT OF 2 PEOPLE**

will develop some form of chronic venous disease  
in their lifetime

\*Nearly 45 000 Canadians are diagnosed with a DVT every year.  
\*If you have any signs of a venous disease, visit a doctor for proper diagnosis.

### HOW TO PREVENT VENOUS DISEASE:

- Wear SIGVARIS graduated compression socks or hosiery
- Regular exercise, stretching, walking, etc.
- Healthy diet & lifestyle
- Drink plenty of water
- Stop smoking

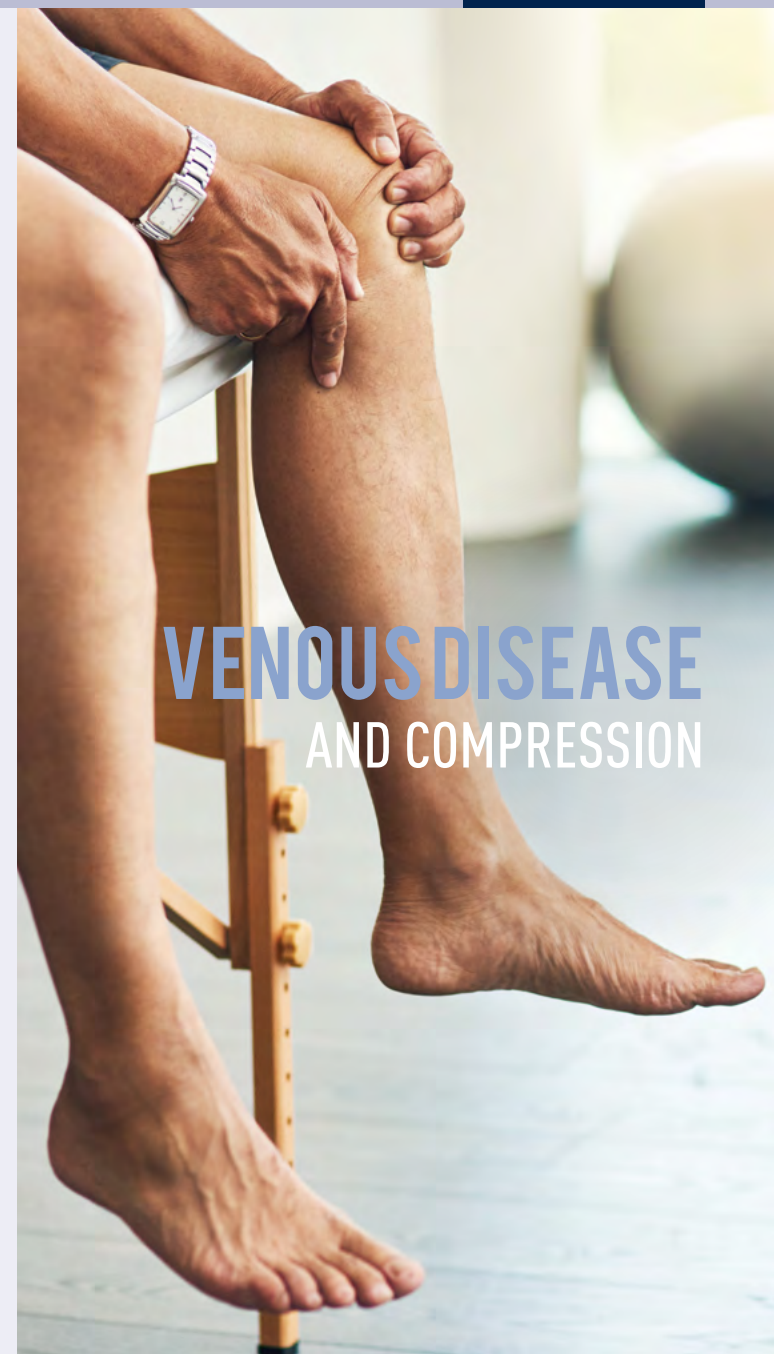
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VENOUS DISEASE  
AND COMPRESSION

## SPIDER VEINS

Small veins visible through the skin of your legs that appear red or blue.

## VARICOSE VEINS

Enlarged veins, clearly visible under your skin, and twisted or bulging. Usually painless, sometimes they can hurt, itch, or burn. They are caused by the pooling of blood in a damaged vein.

## SWOLLEN LEGS

Edema (swollen legs) is defined as a significant increase in the volume of fluid in the skin. Venous edema usually occurs in the ankle region, but it may extend to the leg and foot.

## LEG ULCER

Venous leg ulcers are unhealed sores or open wounds on the legs. They are a severe consequence of venous disease.

## DEEP VEIN THROMBOSIS (DVT)

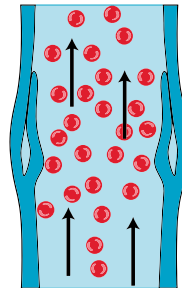
DVT is a serious condition in which a blood clot forms in the deep veins of the leg that blocks the blood flow. As a consequence, the clot can circulate and cause a pulmonary embolism.

## DIABETES

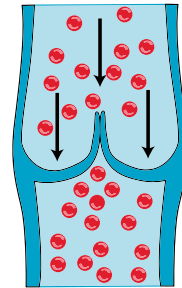
Diabetes may cause circulation problems that could result in swelling in your feet, ankle and legs.

# DID YOU KNOW THAT YOU HAVE A "SECOND HEART" IN YOUR LEGS?

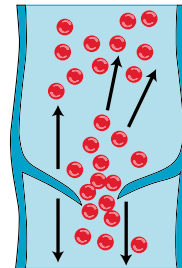
While walking, your calf muscle contracts and relaxes, moving blood back up to the heart.



**CALF CONTRACTING**  
Vein valves open, allowing blood flow toward the heart



**CALF RELAXING**  
Valves close to prevent reverse blood flow (reflux)



**WHEN VALVES DON'T CLOSE**  
It creates reverse blood flow, pooling and higher pressure that weakens vein walls

Discomfort of the legs, like leg pain, heaviness, and/or leg tiredness, can be first signs of venous disease.

## THE SIGVARIS SOLUTION



### WHY GRADUATED COMPRESSION?

- Revitalize legs
- Minimize risk of developing a venous disorder
- Prevent blood pooling
- Reduce swelling
- Relieve symptoms of the venous disorder
- Prevent formation of spider or varicose veins

Graduated compression acts as an external layer of muscle by gently squeezing the weakened vein and encourages normal blood flow. The pressure is higher at the ankle and decreases as it goes up your leg.

## FACTS ABOUT VENOUS DISORDERS

VENOUS DISORDERS  
AFFECT  
up to

40%

of the adult population worldwide

### THE LIKELIHOOD OF DEVELOPING A VENOUS DISORDER INCREASES AS YOU AGE

While there is often also a genetic predisposition, other factors such as a sedentary lifestyle, pregnancy, obesity and lack of exercise also play a role.

Prolonged sitting or standing puts added pressure on the venous system which can lead to tired, achy and swollen legs.

## 6 tips for healthy legs :

- **Wear SIGVARIS compression**  
Help prevent venous disorders
- **Move**  
Physical activity improves blood circulation and helps move blood back towards the heart
- **Cool down**  
Excessive heat will cause your veins to dilate and may induce swelling
- **Elevate your legs**  
To boost your body's natural circulation
- **Control your weight**  
With healthy diet and regular exercise
- **Quit smoking**  
Smoking increases the risk of developing varicose veins and associated complications

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COMPRESSION SOCKS  
**FOR EVERYONE,  
EVERYDAY**

## WHY SIGVARIS COMPRESSION ?

Wearing compression helps to improve blood circulation and increases energy in your legs

SIGVARIS COMPRESSION PRODUCTS PROVIDE A FEELING OF FREEDOM, SECURITY AND SELF-CONFIDENCE

WE DESIGN AND MANUFACTURE PREMIUM COMPRESSION PRODUCTS THAT ARE COMFORTABLE AND EFFECTIVE

Sigvaris proudly stands for

— Quality – Comfort – Fit —

We deliver effective daily relief

We only use premium yarns like Merino wool and Sea Island cotton

We offer the best quality, craftsmanship and durability

We help provide freedom of movement, comfort and fit

## DIFFERENT ACTIVITIES, DIFFERENT GARMENTS

### Essential – Support Yourself

Everyday go-to products for people who seek comfort, support and reliability

- Reduce swelling and discomfort
- Long-distance travel
- Everyday comfort and reliability

### Style – Express Yourself

More distinctive and fashionable products unique as you are

- Fashionable, modern patterns and designs
- For business and more formal wear
- A soft and luxurious feel

### Motion – Push Yourself

All day support for people with active lives and hard-working legs

- Cushioned sole for added comfort
- Durable thermoregulating wool
- Moisture-wicking yarns

## HOW COMPRESSION CAN HELP YOUR LEGS?

### GRADUATED COMPRESSION WILL:

- Help prevent spider and varicose veins
- Energize your legs
- Reduce leg pain, swelling, heaviness and muscle stiffness
- Help to prevent and/or manage phlebitis and/or venous thrombosis
- Support your veins to help move blood back the heart more efficiently



# WHY ARE MY LEGS TIRED, ACHY AND SWOLLEN?

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1

Increased blood volume places stress on the veins in the legs

2

Increased pressure in the pelvic area which can cause blood flow obstruction, swelling, discomfort and varicose veins

3

Changing hormone levels during pregnancy and after birth

4

Weakened blood vessel walls

## These changes Can lead to veinous diseases

6/10  
women

develop their first varicose veins during pregnancy

100%  
of pregnant

women complain of leg pain during pregnancy

The risk  
**x5**

of phlebitis during pregnancy

The risk  
**x60**

of phlebitis during 6 weeks after giving birth

Why suffer from tired, achy and/or swollen legs during pregnancy?  
Wear Sigvaris compression socks.

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Maternity

COMPRESSION SOCKS FOR  
HEALTHIER LEGS DURING  
PREGNANCY

# WHY WEAR COMPRESSION DURING PREGNANCY?

## TO PREVENT

### DEEP VEIN THROMBOSIS (DVT)

Pain, warmth, and a swollen calf are symptoms of a DVT yet often there are no symptoms at all. Be alert.

## TO PREVENT & TREAT

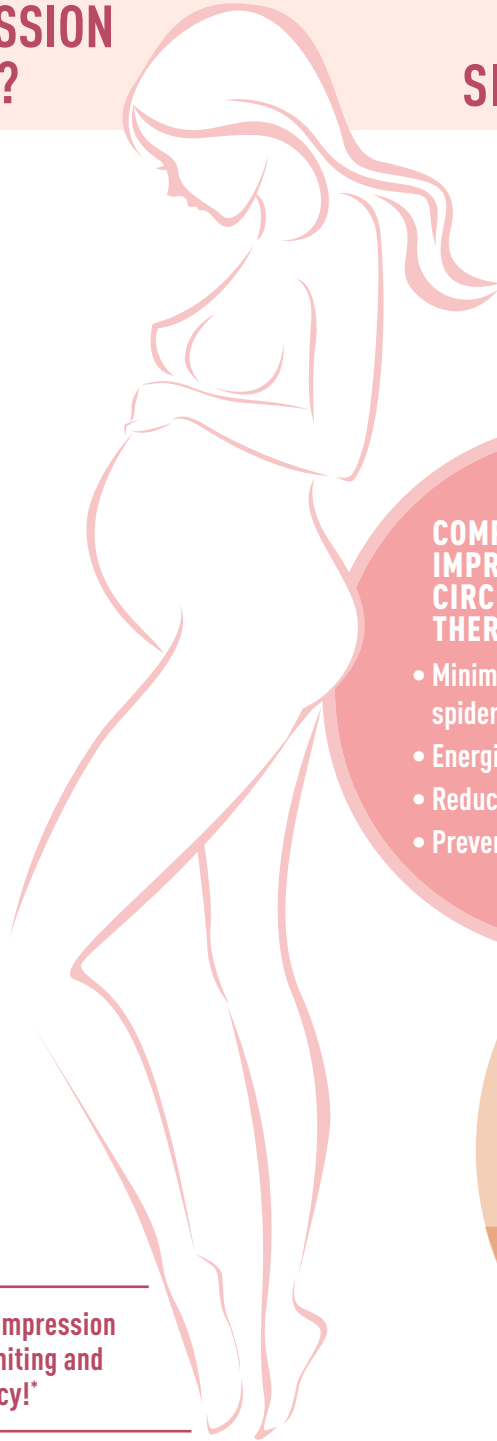
### VENOUS DISEASE AND ITS SYMPTOMS

Such as edema (swollen legs), heavy legs and varicose veins.

## TO IMPROVE

### THE QUALITY OF LIFE FOR WOMEN WHO ARE PREGNANT

A recent study shows that wearing compression socks or hosiery reduces nausea, vomiting and dizziness at the beginning of pregnancy!



# SIGVARIS COMPRESSION IS THE TREATMENT OF CHOICE

Compression garments apply an active and degressive pressure along the leg promoting venous circulation and the return of blood to the heart

## COMPRESSION IMPROVES BLOOD CIRCULATION AND THEREFORE:

- Minimizes the risk of getting spider and varicose veins
- Energizes your legs
- Reduces / Prevents leg swelling
- Prevents blood pooling

THE RISK OF DEVELOPING CHRONIC VENOUS DISEASE REMAINS FOR UP TO 12 WEEKS AFTER GIVING BIRTH.

Wearing compression garments reduce the risk of deep vein thrombosis (DVT)/phlebitis

**-66%**

# 5 tips for healthy legs during pregnancy

- Wear SIGVARIS medical compression socks
- Avoid standing or sitting for long periods at a time
- Stay active
- When possible, slightly elevate your legs
- Avoid extended leg exposure to heat

Sigvaris offers solutions that will make this very special experience pleasant and less stressful on your legs.



\*Mendoza E, Amsler F.A randomized crossover trial on the effect of compression stockings on nausea and vomiting in early pregnancy. International Journal of Women's Health 2017;9 89-99.  
\*\*Angéologie volume 63, reproduction humaine et hormones, volume XXIV numéro spécial 01/2011.