

# Are my veins OK?

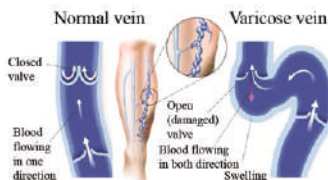


Saphenofemoral  
junction

Femoral vein

Great saphenous  
vein

Great saphenous  
vein (vena saphena  
magna)



You could be at great risk. Please have the function of your veins checked regularly, so that any possible damage can be detected and treated at an early stage.



**SPIDER VEINS**



**VARICOSE VEINS  
(=VARICES)**

You should consult your doctor. The possible cause is an initial or advanced disorder of your leg veins. Only consistent treatment will prevent this condition from deteriorating.



**INFLAMMATION OF THE  
VEINS WITH STRIPE-  
SHAPED REDDENING**

You should consult your doctor immediately. The possible cause is an inflammation of the veins.

# Venous disorders start out quite harmlessly ...

... and turn into a major problem if they are not treated



Chronic venous insufficiency with skin discoloration



Condition after deep vein thrombosis with swelling on one side

You should consult your doctor as early as possible. The possible cause is a dangerous veins thrombosis.



Swelling due to damaged lymphatic system

You should consult your doctor. Lymphatic system may be damaged. If it occurs repeatedly, inform your doctor. The cause may be of neurological origin. You should consult your doctor. It is possible that you have a disorder of the arterial system.

In our modern society, every second adult is affected by venous disorders or varicose veins, often without them realising it. If this condition is not treated, it gets progressively worse. Women are affected more often than men, due to weaker connective tissue and pregnancy. Tired and heavy legs in the evening are often the first sign. The return flow of the blood from the legs to the heart is impaired.

If these early complaints are not taken seriously, soon the evening discomfort is accompanied by swelling of the legs. Thick, swollen legs are a clear sign that blood is getting congested in the leg veins. Unfortunately, this clear warning signal is often overlooked, since the swelling, also called oedema, normally disappears over night to begin with. However, it develops again by the following evening.

## What has happened?

A genetic predisposition is normally the main cause. In addition, venous blood collects in the legs as a result of predominantly sitting or standing activities for long hours. The leg veins stretch easily and are enlarged by the pressure of the blood. The vein walls change and become more permeable. Fluid and protein escape from the veins into the surrounding tissue. The leg swells and oedema develops.

In the horizontal position, the fluid in the tissues subsides over night and the oedema disappears. The more often and longer the leg veins are stretched, the more serious are the consequences. Enlargement of the veins can no longer be reversed and the vein walls become increasingly permeable. This is the start of a true vicious circle.

## What are the consequences?

Spider veins, varicose veins and increasing swelling that no longer disappears on its own are warning signals indicating a vein disorder. If action is still not taken, an "open leg" and life-threatening thrombosis may develop. Protein and liquid that remain in the tissue produce a "swamp-like" area at the lowest point of the legs, the ankle region. The tissue dies, leading to an "open leg ulcer". More than 1.2 million Germans are affected by this complaint which is difficult to cure. In regard to thrombosis, a thrombus (blood clot) forms as a result of the venous congestion. If a thrombus finds its way from the legs into the lungs, a life-threatening situation occurs: called pulmonary embolism. Early detection can prevent this situation from developing any further. Here's your chance to take the initiative to prevent life threatening situation.

*Issued in public interest by:*



Anti-embolism Stockings,  
Medical Graduated Compression Stockings & Garments  
for DVT, Varicose Veins, Lymphoedema  
A product of medi GmbH & Co.KG, Germany

**Sole Importer & Distributor in INDIA**



**PUSHPANJAL medi India Pvt. Ltd.**, 18, Ganesh Chandra Avenue, Gandhi House, Kolkata-700 013, W.B INDIA  
Tel : +91-33-2236 0367/68, 4040 1300, Fax : +91-33-2221 7335, Helpline : **91633 60368**  
e-mail : [info@pushpanjalgroup.com](mailto:info@pushpanjalgroup.com), Website : [www.pushpanjalgroup.com](http://www.pushpanjalgroup.com)  
An ISO 9001:2015 certified organisation

Delhi Office : 98105 49981

