

HEALTHY IS UNDERSTANDING VEIN HEALTH

WHAT ARE VEINS?

Veins are part of the circulatory system and are responsible for carrying deoxygenated blood from the body back to the heart. Venous diseases occur when the blood flow through the veins is impaired.

FACTS

One in three Americans will get a vein disease in their lifetime, only 17% are actually diagnosed, and 1% will actually receive treatment.

More than 40 million people in the United States suffer from varicose veins and that includes 50% of all people over the age of 50.

Common symptoms of venous diseases may include:

- Itching sensations in the legs
- Leg fatigue or leg swelling
- Pain in the legs after standing or sitting for a long period of time

VEINOUS CONDITIONS

Common venous conditions are:

Varicose Veins

Varicose veins are blue or purple bulging, enlarged veins close to the skin's surface. They can be painful or itchy.

Spider Veins

Spider veins are a type of varicose vein that are smaller and thinner than varicose veins. They are often red or purple lines that appear close to the skin's surface.

Restless Leg Syndrome

This condition creates a strong urge to move the legs, often due to an uncomfortable feeling in the legs.

RISK FACTORS

Common risk factors for vein diseases include:

- Increasing age
- Being overweight or obese
- Use of oral contraceptives
- Tobacco use
- Pregnancy
- A personal history of deep vein thrombosis, thrombophlebitis, or leg injuries
- Prolonged standing or sitting



PREVENTION



Ways to prevent vein diseases include:

- Walking
- Controlling your weight
- Wearing low-heeled shoes
- Avoiding long periods of sitting or standing in one position
- Walking around often on long trips

VEINOUS PROCEDURES

ECHN's Vein Health Program will work with you to establish a personalized treatment plan including procedures such as:

- Sclerotherapy
- Venous ablation
- Phlebectomy



Scan the QR code to learn more about our Vein Health Program.

echn.org/services/vein-health-program

Manchester Memorial Hospital
71 Haynes Street
Manchester, CT