

**40%**

of people in the United States have venous insufficiency

**Women**

are more likely to have venous reflux, but men still experience it at a significant rate

**50**

most cases occur in those over age 50, but symptoms should not be ignored if they occur earlier



<https://my.clevelandclinic.org/health/diseases/16872-chronic-venous-insufficiency-cvi#diagnosis-and-tests>

**Tired, heavy, and painful legs?**

Talk to your doctor about your symptoms today.



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## Venous Reflux Disease

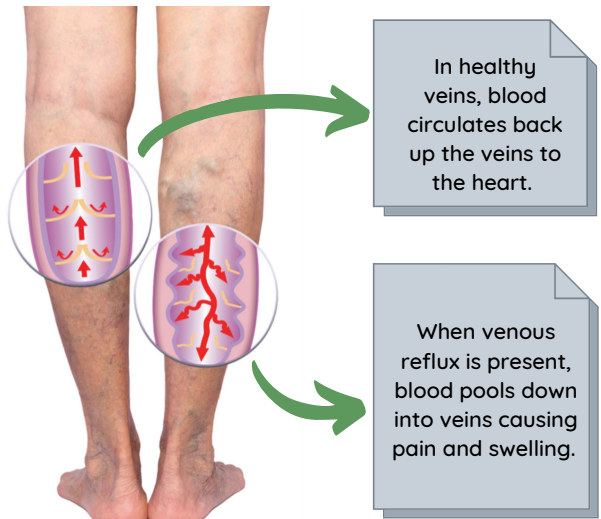
Chronic Venous Insufficiency



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In the human body's vascular system, arteries carry blood away from the heart and around the body, while veins carry it back. Valves inside the veins help keep the blood from moving backwards.

**Venous Reflux Disease**, refers to when the blood in the body backs up abnormally. Blood can pool in the legs and veins because it is not flowing back to the heart. This condition is also referred to as chronic venous insufficiency (CVI) or more widely categorized as vein disease.



In healthy veins, blood circulates back up the veins to the heart.

When venous reflux is present, blood pools down into veins causing pain and swelling.

Peripheral arterial disease (PAD) and deep vein thrombosis (DVT) can also be risk factors in the development of venous reflux. Around 30% of those diagnosed with DVT will experience venous reflux within 10 years.

## Symptoms

- Leg Pain
- Leg Swelling
- Cramps
- Heavy or tired legs and feet
- Fatigue
- Throbbing in legs and ankles
- Itching in lower extremities
- Burning in lower extremities
- Restlessness/Restless Leg Syndrome
- Skin Discoloration/Skin Changes
- Ulcers/Open Sores or Wounds

## Factors that Contribute to Venous Reflux

- Age
- Gender
- Family History
- Multiple Pregnancies
- Obesity
- Prolonged Sitting or Standing

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## Treatment Options for Venous Reflux

Fortunately, there are a variety of treatments and minimally invasive procedures that can help treat venous reflux.

- **Compression Stockings**
  - The first line of defense and treatment of venous reflux are well fitting support hose, also called compression stockings. Your doctor can recommend the best level of compression for you.
- **Sclerotherapy**
  - This treatment inject varicose veins with a solution to help them collapse and provide relief of symptoms.
- **Vein Ablation**
  - An Interventional Radiologist can use a catheter to administer heat to affected veins. This shrinks the vein, eliminating much of the blood pooling and discomfort.

non-invasive  
minimally invasive

## VENOUS REFLUX?

## CHOOSE THE ADVANCED OPTION.

Venous reflux is diagnosed with medical history and a physical examination of the legs.

An ultrasound is often used to take a closer look at the vessel structure, and to measure blood circulation. Your podiatrist is often a good place to start if you think you may have venous reflux.