

ALL THESE PEOPLE HAVE VEIN PROBLEMS

DEFY GRAVITY



They also have something
else in common...

THEY ALL WEAR COMPRESSION STOCKINGS!

VENOUS DISORDERS ARE VERY COMMON AND AFFECT ALL WALKS OF LIFE.

It is estimated that **20% of men and 30% of women suffer from some form of venous disorder.**

And you?

- Do you suffer from tired, aching legs at the end of your day?
- Do you travel long distances frequently?
- Do you sit or stand for prolonged periods of time?
- Are you pregnant?
- Do you struggle with some excess weight?
- Do you have a sedentary lifestyle?

If you answered “Yes” to any of these questions, this guide is right for you.



HOW TO DETECT CIRCULATION PROBLEMS

- Numbness of the arms and legs
- Pain and cramps in hands and feet
- Leg swelling
- Poorly healing ulcers on the feet, legs or hands
- Brittle nails that break easily
- Loss of feeling in extremities
- Migraines and headaches
- Fingers and nails turning blue
- Appearance of varicose veins
- Itching arms and legs
- Cramps in the buttocks and legs
- Lack of strength in the hands and feet
- Trouble walking
- Dizziness when getting up

The circulation of blood can be easily explained if we look at **three of the “major elements”**: the heart, the arteries and the veins.

When your heart beats, it pumps blood out into your arteries. These blood vessels carry the blood from your heart to your organs. Conversely, veins carry blood to your heart.

VEINS AND VALVES

HOW DO THEY WORK?

Inside veins, valves open to allow blood to flow back toward the heart, then close to prevent the blood from flowing backwards.

Valves open when muscles contract, allowing blood to return to the heart.

Valves close when muscles relax. Blood cannot flow backwards.



Healthy vein



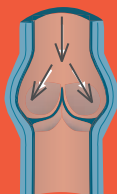
Insufficient vein

HOW DO VEIN PROBLEMS OCCUR?

Problems occur when a valve no longer closes properly.

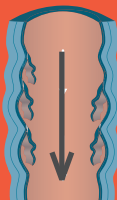
POOLING

A damaged or poorly closing valve in a vein of the leg allows blood to flow backwards. Pooling of blood in the veins of the lower leg causes swelling, especially near the ankles and calves.



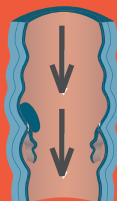
ENLARGED VEINS

When a valve is damaged or missing, the backup of blood results in higher pressure in the vein below which causes their enlargement. When the veins enlarge, bulges are visible under the skin; these are called varicose veins.



BLOOD CLOTS

The blood cells stick together near a valve, forming a clot. The clot may completely or partially block the flow of blood through the vein and cause long-term problems.



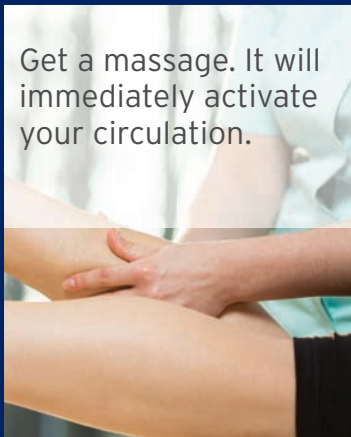
CAUSES AND RISK FACTORS

IS IT POSSIBLE TO IMPROVE MY CONDITION?

Give Scottish showers to your legs! Alternate water from hot to cold to help the vasoconstriction.



Get a massage. It will immediately activate your circulation.



Elevate your legs for 15 to 30 minutes every day.



Wear JOBST® compression stocking, adapted to your situation!

- Age and heredity
- Lack of exercise
- Wearing tightly fitting clothing or high-heeled shoes
- Obesity
- Standing still or sitting down for long periods
- Frequent flying
- Hot baths and excessive exposure to the sun
- Dehydration
- Pregnancy

Here are some tips to implement daily that will help maintain proper blood circulation:



Avoid tight clothing as it can affect blood flow.

At night, use wedges to lift the lower edge of your bed by 5 to 10 cm.



Avoid tobacco and alcohol which damage overall health.

Drink a lot of water. Dehydration tends to make the blood thicker, which hinders its circulation.



ADVICE FOR ANY EXTENDED TRAVEL

Long-distance travel, whether by car, train, or airplane **can be associated with leg discomfort and increased risk.**

HERE ARE SOME TIPS TO HELP YOU HAVE A PLEASANT JOURNEY!

- **Drink plenty** of non-alcoholic fluids, especially water.
- **Stretch and exercise** your legs at least once every hour.
- **Perform ankle movements regularly:** be sure to move. Flexing, tensing, and rotating are all good ways to get blood circulating when your feet start to feel numb, tingly or painful.
- **Elevate legs** when possible.
- Avoid high-heeled footwear and restrictive clothing.
- **Wear JOBST® gradient compression hosiery.**
- Seek medical advice if you have or are concerned about any risk factor.



ADVICE FOR PREGNANT WOMEN

MAINTAINING LEG HEALTH DURING PREGNANCY!

As the baby grows, the enlarged uterus applies pressure on the vena cava which returns blood to the heart. This pressure can cause stasis and valve damage which results in swelling, leg discomfort and even varicose veins.

An excellent way to keep your legs healthy and energized during pregnancy is to wear JOBST® gradient compression hosiery as it provides real benefits:

- **Compression hosiery helps relieve leg fatigue** and discomfort by helping to prevent the superficial veins from becoming distended with blood.
- **Compression hosiery helps reduce swelling** by increasing the pressure in the tissue under the skin.



TENDER LOVING CARE FOR THE MOM-TO-BE

- Keep your legs elevated, when possible.
- Avoid standing for long periods.
- Follow the exercise plan that your doctor recommended.
- Don't cross your legs while sitting.
- When travelling longer distances, be sure to stop frequently to stretch your legs and take a short walk.
- Wear JOBST® compression hosiery.



STATIONARY WORKER, ACTIVE PEOPLE, PREGNANT WOMEN OR TRAVELLER? THERE IS A JOBST® STOCKING FOR YOU!

Wearing compression hosiery helps alleviate symptoms associated with chronic venous disorders and can prevent their progression.



STATIONARY WORKERS

Do you work in any of the following fields?

Hairdressing, construction, culinary arts, teaching, medicine, pharmacy, nursing or office work.

Staying seated or standing for prolonged periods of time may affect your venous health.

Discover JOBST® product line and choose the right compression stockings for your lifestyle.



JOBST® UltraSheer



JOBST® Style



JOBST® forMen



JOBST® Opaque

SPORTS AND ACTIVE PEOPLE

Many athletes state that the use of compression stockings speeds recovery and reduce soreness after a strenuous workout.

Discover JOBST® Sport dotted with carbon technology to keep your feet cool and dry.



JOBST® Sport



**JOBST®
ActiveWear**

PREGNANT WOMEN

On average, 23% of pregnant women will have venous disorders as early as their first pregnancy, and this number rises to 31% by their fourth pregnancy.¹

Discover JOBST® Opaque,
the perfect combination of comfort and lightness.



JOBST® Opaque

1. http://www.doctissimo.fr/html/grossesse/patho_femme_enceinte/9956-varices-grossesse.htm

TRAVELLERS

The Scurr study showed that 10% of travellers who did not wear compression stockings ended up with a calf phlebitis.²

Discover JOBST® Opaque and JOBST® forMen.

Versatile and soft, they can make your trip pleasant and comfortable.



JOBST® forMen



JOBST® Opaque

WEAR YOUR JOBST® STOCKINGS EVERYDAY!

The most important thing to remember about compression hosiery is to **wear it everyday.**

2. <http://www.docteur-prufer.com/veines-et-voyages/>



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