



## Are you at risk?

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### Groups at risk for CVI

- By the age of 50, nearly 40% of women and 20% of men have significant leg vein problems\*
- Those with obesity or a sedentary lifestyle; those with vocations that involve long periods of sitting or standing; smoking
- Those with a family history of CVI or Deep Vein Thrombosis (DVT)

## Signs and symptoms

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- Varicose veins or spider veins
- Leg heaviness, aching, cramping and tiredness
- Pain in the legs during long periods of standing or sitting
- A poorly healing wound on the inside of the ankle
- Ankle and leg swelling
- Skin changes; especially tender, warm, reddish skin