

Why You Need Compression Socks

Nearly 40% of women and 25% of men in Canada suffer from at least one symptom of **Chronic Venous Insufficiency** (CVI). *When vein valves become weak or damaged, they allow blood to leak backwards* which can lead to CVI (see diagram below).

Risk factors are:

- ✓ Prolonged standing
- ✓ Sustained sitting (driving, on your phone or at a desk)... so basically everyone!

Symptoms usually begin mildly and get missed. If left untreated, they can lead to more serious problems affecting daily living. And very serious ones need *surgery*.

The most common symptoms we see are **swollen, achy legs, pain, deep vein thrombosis (blood clots or DVT), spider and varicose veins**.

Two important *things you can do* to treat and prevent CVI are:

1. **Movement/Exercise** - Calf *muscles work as a natural pump* by contracting during physical activity which helps squeeze the veins and pushes the blood upwards against gravity, towards the heart. This is why lack of movement when sitting or standing allows blood to pool in your veins.
2. **Compression Garments** – Pressure starts at the ankle and gradually decreases to the top of the sock. This *applies pressure in an upwards direction* to the outside of your veins, squeezing them smaller so the valves in the veins close to stop backflow and enlargement. *Normal socks cannot do this*. In fact, if you see a *dent in your calf from the top of your sock, that is a sign of swelling*.



Did you know that Vein Surgeons always recommend compression after their surgeries?

If you find them challenging to put on your practitioner will show you some tricks and can provide a donning aid.

Compression socks should be put on as early as possible in the day, so your legs do not have any time to swell. Never wear them to bed at night.

Check out this short video: <https://www.youtube.com/watch?v=HbOJZMEmbCA>

Please call or email us for a *free chat* if you have questions.

Prevention is always a good thing!