

# Your Circulatory Highway + Leg Ulcers

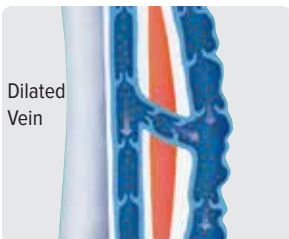
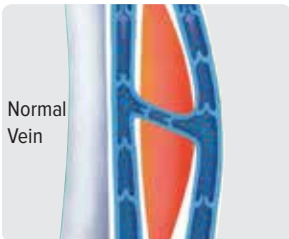
Chronic venous insufficiency can result in several complications including swollen achy legs, pain, deep vein thrombosis, spider and varicose veins, and venous leg ulcers. If you have a leg ulcer, compression therapy can help.

First, it's important to know how your circulatory system works and affects leg health.

- Arteries carry blood that's rich in oxygen from the heart throughout the body.
- Veins then return blood back to the heart so it can be re-oxygenated.
- Valves in the veins open to let blood move up, then quickly close to stop blood from flowing backward.
- When calf muscles contract, they also help to squeeze the veins and push blood up to the heart.

## How a Venous Leg Ulcer Occurs

When veins become weak, enlarged or overstretched and valves don't work properly, this allows blood to leak backward into the lower leg, possibly resulting in chronic venous insufficiency and a breakdown in skin known as leg ulcers. The ulcer wound usually occurs above the ankle and below the calf and refuses to heal or heals slowly.



# Freedom in Motion.



Visit [www.juzousa.com](http://www.juzousa.com) or [www.juzo.ca](http://www.juzo.ca) for more information.

## Don't Let Leg Ulcers Go Unmanaged:

For more information on Juzo compression garments or to find a Juzo retailer near you, visit:

Juzo USA  
[juzousa.com](http://juzousa.com)  
1-888-255-1300

Juzo Canada Ltd.  
[juzo.ca](http://juzo.ca)  
1-888-255-1300





## How Compression Therapy Can Help

Compression therapy products help manage leg ulcer healing rates, decrease the risk of ulcer recurrence and aid the return of blood to the heart.

- Compression garments provide external support to the vein walls and work in conjunction with the calf muscle pump.
- Medical graduated compression starts at the ankles and gradually decreases as it rises up the leg.

## Juzo's Complete Line of Wound Care Solutions

Juzo has compression solutions for all management stages of venous ulcers and the recurrence of ulcers. Always consult with a medical professional before wearing a compression garment.

### **Juzo Compression Wrap**

The Juzo Compression Wrap is a short-stretch garment that's an effective and easier-to-use alternative to multi-layered bandaging.

### **Juzo Compression Stockings:**

Juzo compression stockings deliver therapeutic compression for the management of edema, lymphedema and ulcers. Optional styles, colors, sizes, lengths; latex free; FiberSoft® technology for greater comfort.

### Leg Health Tips

- Wear compression stockings or socks
- Wear comfortable clothing and shoes
- Frequently point and flex your foot 10-12 times
- Swim or walk
- Maintain a healthy weight

### Watch for Warning Signs

If you notice one or more of the following symptoms, it's highly recommended that you consult a vascular specialist.

- Intense pain or cramping in the calves
- Tenderness in the leg
- Swelling
- Warmth
- Changes in skin color