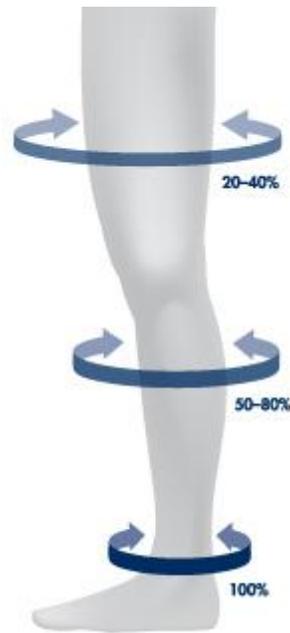


# What Is Compression Therapy?



## How Does Graduated Compression Therapy Help With Venous Insufficiency?

As a person walks, the calf muscles around the veins work to move blood toward the heart. In the presence of leg health problems, a person may need the external graduated compression of SIGVARIS socks and stockings to help this process work more efficiently. Our products act as a layer of muscle by gently squeezing the stretched vein walls together, allowing the valves to close. The cavity of the vein is reduced, thereby restoring blood flow to a normal state and aiding overall circulation.

To be most effective, the socks or stockings should be put on at the start of your day and removed before you go to bed. Some people have an inherited weakness of the vein walls or valves which creates additional challenges to venous return. Wearing SIGVARIS graduated compression socks or stockings is vital for the prevention and treatment of varicose veins and other circulatory problems.



## Anti-Embolism vs. Medical Compression Stockings

The biggest difference between Anti-Embolism Stockings and Medical Compression Stockings is the compression level and the medical reason for which it is worn. Anti-Embolism Stockings are usually 8–18mmHg, while medical compression stockings are a medically-measured 15–20mmHg or higher. In addition, the purpose of anti-embolism stockings is to maintain normal venous return in a bedridden patient.

SIGVARIS MEDICAL Compression Hosiery and Socks are used to treat venous and lymphatic disorders in ambulatory patients. Graduated compression stockings are used for all stages of Chronic Venous Insufficiency, including varicose veins, edema, stasis skin changes and venous procedures. They may also be used in preventing and treating Post-Thrombotic Syndrome. According to medical research, ambulatory patients with Chronic Venous Disorders require more compression than is available in anti-embolism stockings.

### A Simple Rule of Thumb:

- If the patient is laying in the bed = anti-embolism stockings
- If the patient is ambulatory = medical graduated compression stockings

## Why choose SIGVARIS products?

### Why SIGVARIS?

SIGVARIS has an assortment of products designed to fit your lifestyle. These products can help improve your circulation, increase your energy and aid in

keeping your legs healthy. SIGVARIS MEDICAL products are best suited for those with chronic venous disorders, edema, stasis, skin changes and for those who have had or will be having a vein procedure. Your physician, pharmacist or SIGVARIS Certified Fitter can help you determine which SIGVARIS product is right for you.

SIGVARIS has been manufacturing quality compression products that set our company apart from others in the industry. Our brand was founded more than 50 years ago with the expert knowledge of a physician. As the global leader in graduated compression, we understand that people want medically sound products that deliver fashion quality and comfort. At SIGVARIS, we are on a mission to improve leg health, and we believe it starts with offering the highest quality compression products on the market.

## Seven reasons to choose SIGVARIS

1. Controlled efficacy compression stockings - Scientific studies show the efficacy of our products
2. Fitted compression: all legs are different; measurements are taken for best product fit to ensure best efficacy and comfort
3. Expertise recognized by health professionals and patients
4. Innovations that make compression therapy progress (UlcerX double stocking system, Sensinnov grip band for stockings)
5. Textile intelligence with unique sizing system to cover most of the population
6. A large choice of models, textures and colors to bring a solution for everyone
7. Our global commitment: raise awareness, educate and act to improve the treatment of venous insufficiency.

# 6 Tips for Healthy Legs



- 1. Avoid sitting or standing for long periods of time.**  
Our circulation improves with physical activity, so **GET UP!** Take a short walk, climb stairs, or make an effort to move around the office and at home.  
Prolonged sitting or standing may increase leg pain and swelling.
- 2. Avoid extended exposure to heat from sunbathing, hot baths, or the sauna.**  
Excessive heat will cause your veins to dilate and may induce swelling. After a long tiring day, especially during the summer, revitalize your legs with a cool shower or bath.

**3. Elevate your legs.**

To boost your body's natural circulation, elevate your legs while you are sitting on the sofa or lying in bed at home. At the office, keep a leg rest under your desk.

**4. Work out.**

Regular exercise helps keep your body healthy. Some sports are better for improving circulation, such as swimming, walking, biking and yoga.

**5. Manage your weight.**

When you manage your weight through a healthy diet and regular exercise, you are more likely to have fewer leg symptoms and/or less swelling.

**6. Wear graduated compression socks and stockings.**

SIGVARIS quality compression socks and stockings improve venous circulation to prevent and treat venous problems.

SIGVARIS has an assortment of products designed to fit your lifestyle. These products can help improve your circulation, increase your energy and aid in keeping your legs healthy. Your physician, pharmacist or SIGVARIS Certified Fitter can help you determine which SIGVARIS product is right for you. SIGVARIS guarantees the compression level in our products for 6 months.

People who benefit from graduated compression include those who:

- stand or sit for long periods of time daily
- have been prescribed anticoagulants
- travel
- are pregnant
- have had a Deep Vein Thrombosis (DVT)
- experience swelling in their legs and feet
- have varicose and/or spider veins