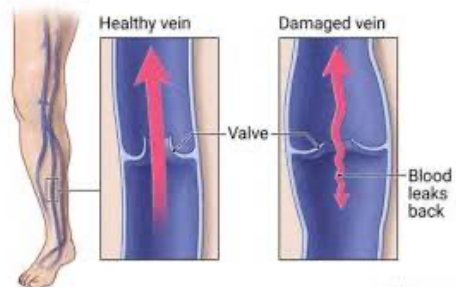


## Venous Duplex Sonogram

### Venous Ultrasound (Sonogram)

- Normal venous blood flow with healthy valve
- Reflux from damaged valve



### Stages of Chronic Venous Insufficiency

- Leg pain - feeling of heaviness, itching, or tingling
- Leg swelling - worsens when standing
- Skin discoloration of the leg
- Varicose veins – bulging veins
- Venous ulcers – sores in the skin



### Lifestyle Changes for Chronic Venous Insufficiency

- Wear Compression Garments
- Maintain a Healthy Weight
- Increase Physical Activity
- Elevate the Legs
- Avoid Tight Clothing and High Heels
- Avoid Salt
- Moisturize the Skin



### Treating Varicose Veins

- Sclerotherapy – small varicose or spider veins
- Venous Ablation – radiofrequency
- VenaSeal – glue
- Varithena – foam

