

WHAT TO LOOK FOR

KNOW THE RISK FACTORS

- Heredity
- Obesity
- Smoking
- Pregnancy-hormonal changes
- Prolonged sitting or standing
- Heavy lifting & carrying
- Tight clothing
- Hot baths & intensive sunbathing



RECOGNIZE THE SYMPTOMS

- Heavy, tired & aching legs
- Swollen legs & or ankles
- Warm sensation in the legs
- Tingling or cramping of the legs
- Dull or sharp pain in the calf
- Small varicose veins & spider veins

If you notice one or more of these symptoms it's recommended that you consult your primary care provider.

LOOK FOR JUZO. FIND COMFORT.



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For more information on Juzo® compression garments or to find a Juzo retailer near you, visit www.juzousa.com or call 1-888-255-1300.



YOUR LEG HEALTH

Depends on Compression Therapy





YOUR CIRCULATORY HIGHWAY

Arteries pump oxygen-rich blood from the heart to the body. De-oxygenated blood is returned to the heart through veins assisted by a series of one-way valves. The valves remain open when blood flows toward the heart and close after blood passes through, preventing back flow of blood in the lower legs.

The alternating contraction and relaxation of the calf muscles also assists blood flow, pumping blood up through the veins of the lower leg and back to the heart.

CHANGES IN YOUR VEINS

Once a vein becomes enlarged and over-stretched it will not return to its original shape again. Either the vein walls are too weak or the vein valves do not open and close properly. In either case, this allows blood to leak back down into the lower legs.

BENEFITS OF COMPRESSION

Compression stockings and socks provide external support to the vein walls and work in conjunction with the calf muscle pump. They help minimize and control swelling and leg pain. Unless otherwise instructed by a medical professional, stockings should be worn during the day, while you are active.

Juzo's compression stockings and socks are very fashionable – and look just like regular hosiery and dress socks. They will keep your legs energized with every step you take.

WHAT TO AVOID

- Sitting or standing for long periods of time - makes your veins work harder, increasing your chance of venous problems
- Crossing your legs while sitting - puts pressure on veins around the knee and interferes with blood circulation
- Tight-fitting clothes & high-heeled shoes contribute to poor circulation
- Smoking & excessive sodium and alcohol intake

LEG HEALTH TIPS. WHAT TO DO :

- Wear compression stockings or socks
- Wear comfortable clothing & shoes
- Point & flex your foot 10-12 times repeat often
- Swim or walk
- Maintain a healthy weight