

OAKVILLE HOSPITAL FOOTCARE & ORTHOTIC CENTRE

# COMPRESSION STOCKINGS

• Tired Aching Legs • Swollen Ankles • Varicose Veins • Athletic Performance

[www.OakvilleHospitalFootcare.ca](http://www.OakvilleHospitalFootcare.ca)



ALL NET PROCEEDS SUPPORT HOSPITAL PROGRAMS

Ask Your Doctor For A Referral

## WHY COMPRESSIONS WORK



The heart pumps blood against gravity up the veins of the legs. As a person walks,

the contraction and relaxation of the calf muscles around the veins aid in moving blood toward the heart. Some people have an inherited weakness of the vein walls or valves which creates additional challenges to venous return.

Wearing SIGVARIS compression socks or stockings is vital for the prevention and treatment of varicose veins and other circulatory problems.

## WARNING SIGNS

- Heavy, tired or aching legs
- Spider veins
- A feeling of tension, cramps or fatigue
- Initial signs of varicose veins
- Swollen ankles



## HOSPITAL OWNED AND OPERATED

### ARE YOU AT RISK?

Leg problems are widespread throughout the world, but what many people don't know is that approximately 80% of leg disorders originate within the veins. We can help you learn how to improve the health of your venous circulation. Venous circulation problems can progressively worsen over time and can affect your health and quality of life.



Much can be done to decrease the risk of developing venous disorders. Understanding the cause of venous disease in an important step.

### CAUSE AND RISK FACTORS OF VENOUS PROBLEMS

- Long distance travel
- Obesity
- Heredity
- Sedentary lifestyle
- Use of hormone medication
- Surgery or trauma
- Age over 40
- Pregnancy
- Prolonged sitting or standing

#### Athletic Compressions



Oakville Hospital  
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& Orthotic Centre  
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Call  
Now!

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