

# VENOUS DISEASE

Comprised of the heart and a closed loop of blood vessels, the cardiovascular system delivers blood to the body through arteries and then returns blood back to the heart through veins.

When veins become damaged or compromised, blood starts to pool in the affected limb and can lead to various disorders known as venous disease.

If left untreated, venous disease can cause pain, swelling and the formation of ulcers that can permanently affect your quality of life.

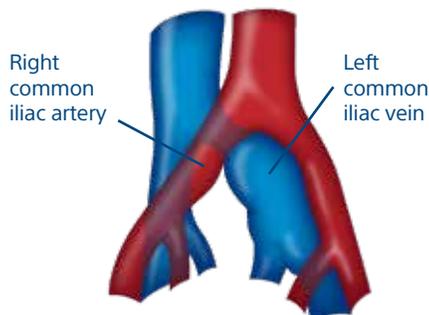
**There are three common causes of venous disease:**

**May Thurner Syndrome** is an anatomical condition in which a venous obstruction occurs deep within the abdomen when the left iliac vein is compressed by the right iliac artery.

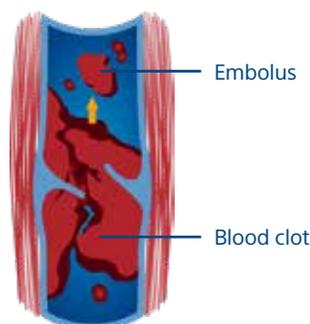
**Deep Vein Thrombosis (DVT)** occurs when a large blood clot forms in the veins. DVT usually happens in the legs or pelvis, but can form anywhere in your body. If left untreated, the clot can travel to the lungs, resulting in a pulmonary embolism – a life-threatening condition.

**Post Thrombotic Syndrome (PTS)** occurs after an untreated blood clot damages the valves in your veins, inhibiting the natural flow of blood back to your heart. Up to 50% of people with DVT will develop PTS, a condition that causes chronic pain, swelling, and discomfort.<sup>1</sup>

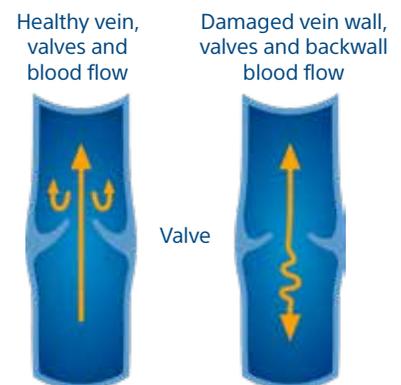
## COMPRESSION DISEASE (MAY THURNER SYNDROME)



## DEEP VEIN THROMBOSIS (DVT)



## POST THROMBOTIC SYNDROME (PTS)



## PREVALENCE

VEIN DISORDERS AFFECT NEARLY

**40%** of the United States population.<sup>2</sup>

VENOUS DISEASE-RELATED EVENTS ARE

**More common in women and in people who are middle-aged or older.**<sup>2</sup>

THE INCIDENCE OF DVT IN THE U.S. IS

**350,000 to 600,000**

people annually.<sup>3</sup>

## RISK FACTORS

Certain factors can increase the risk of developing venous disease. The chance increases even more for someone who has more than one of these factors at the same time.

These include:



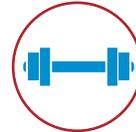
Being overweight



Smoking



A personal or family history of blood clots



Lack of exercise



Pregnancy

## COMMON SIGNS AND SYMPTOMS

SWELLING  
in your legs  
or ankles

TIGHT  
FEELING  
in your calves

PAINFUL,  
itchy legs

DISCOLORED  
SKIN

## DIAGNOSIS

Healthcare professionals will gather information about your age, medical history, medications and specific lifestyle factors. Your doctor may perform an ultrasound to check the blood flow and vein structure of your pelvis.

## TREATMENT OPTIONS

**Conservative Therapies.** Initial treatment can consist of medications and compression stockings. Regular exercise may also improve blood flow. However, you may have an obstruction in the vein located in your abdomen where compression socks cannot be used.

**Interventional Procedures.** Your doctor may refer you see a physician trained in minimally invasive procedures to open obstructed vessels, reinstating proper blood flow to the heart and lungs and reducing symptoms.

- **Stenting.** Depending on your diagnosis, your doctor may choose to stent the impacted area to re-establish blood flow. The Vici Venous Stent™ system is the latest stent technology approved by the U.S. Food and Drug Administration for the treatment of venous disease.
- **Clot Removal.** Your physician may decide to remove the blood clot (if present). A procedure called thrombolysis or thrombectomy uses a catheter to deliver a powerful jet of clot-busting medicine that helps break down and remove the clot.

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1 Centers for Disease Control and Prevention. Venous Thromboembolism (Blood Clots). Data & Statistics. <http://www.cdc.gov/ncbddd/dvt/data.html>. Accessed November 19, 2018.

2 Society of Vascular Surgeons. <https://vascular.org/patient-resources/vascular-conditions/chronic-venous-insufficiency>. Accessed November 30, 2018

3 McArdle, M., & Hernandez-Vila, E. A. (2017). Management of Chronic Venous Disease. Texas Heart Institute journal, 44(5), 347-349. HYPERLINK "<http://thij.org/doi/10.14503/THIJ-17-%206357>" <http://thij.org/doi/10.14503/THIJ-17-6357>

4 [https://www.hopkinsmedicine.org/healthlibrary/conditions/cardiovascular\\_diseases/chronic\\_venous\\_insufficiency\\_85,P08250](https://www.hopkinsmedicine.org/healthlibrary/conditions/cardiovascular_diseases/chronic_venous_insufficiency_85,P08250) Accessed November 30, 2018