

Chronic Venous Insufficiency

There are many components of the body that need to be considered when evaluating your overall health. Everyone knows that it is important to be up to date on the condition of your heart, brain and vital organs; but many do not consider checking on the condition of another essential part of their body – their veins. Having healthy and functioning veins is essential to ensure that your organs are receiving the blood they need. Diseases like Chronic Venous Insufficiency (CVI) often go unnoticed and can lead to more serious problems. About 25% of people in the United States are affected by a venous disease¹, so it is important to be aware of the symptoms of these diseases and how you can get tested.

Chronic Venous Insufficiency (CVI) is a disease that is a common cause for lower extremity pain and swelling. CVI is caused by malfunctioning valves in lower extremity veins that allow backwards flow of blood and reduced circulation. When the blood is allowed to flow back down the veins, it pools up and causes elevated blood pressure and expansion of veins. You can recognize CVI by its common symptoms: spider veins, aching, swelling, pain in legs and having the feeling of heavy legs. If you experience these symptoms, ask your doctor about getting tested for CVI.

Testing for CVI is quick and painless using PADnet™+, a non-invasive testing device. The PADnet™+ is able to measure the venous refill time via a probe placed on your inner ankle. You will perform toe raises to help pump blood out of your legs during the test. The doctor will use the probe to measure the time it takes for the blood to return to the legs after it is pumped to the heart. The results will then be interpreted by a vascular specialist.

Visit www.BioMedix.com to learn more about CVI and the PADnet™+ testing device. You can also find a healthcare professional near you that can provide PADnet™+ testing by visiting the BioMedix™ [Location Finder](#).

1. *Learn about Venous Disease*. (2010, July). Retrieved March 21, 2011, from Venous Disease Coalition: <http://www.venousdiseasecoalition.org/>