



Patient information

3  
Three patients  
report their  
experiences

# Healthy veins

Understanding. Preventing. Acting.

BORT. Benefit at your side.



Dear patient,

this is about your healthy veins. We inform you about the vein system function, the possible causes of venous disease and treatment options.

Venous disorders belong to the widespread complaints amongst the general population, roughly every fourth adult is affected by them. The good news: there are several effective therapy options. These include wearing medical compression stockings.

This brochure shows you opportunities for living with healthy veins. Three exemplary patient stories inform regarding the forms a venous disease can have.

**Understanding, preventing, acting.**

For active living with healthy veins!

Your BORT AktiVen® team

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Our leg vein system is formed from deep and superficial leg veins.

Deep leg  
veins

Superficial leg  
veins



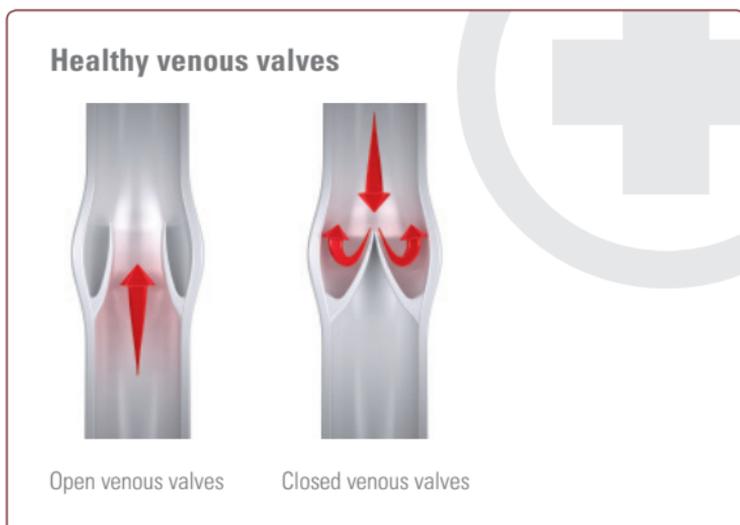
# The vein system and its function

Our leg veins accomplish marvels of performance. Day-in, day-out they transport venous blood back to the heart against gravity. That amounts to some 7000 litres' blood daily.

## Muscles and valves as accomplices

How do our veins cope with that? You use your leg muscles for this purpose. Because the veins are located between the muscles, they are compressed as soon as the muscles tense. As a result, the blood is pressed upwards. The constant tensing and relaxation of the muscles when walking acts like a pump and is accordingly called a muscle-vein pump.

So-called venous valves are located on the inner surface of the veins, allowing the blood to constantly rise. They are open when the blood flows upwards towards the heart and close in order to hinder backflow – comparable with the function of a non-return valve. As gravity is particularly noticeable in the leg veins, there are particularly large numbers of valves there.



## Venous disorder - a widespread disease: Pay attention to changes

Venous disorder is a widespread disease in current times. Roughly every fourth person is affected. Vein weakness is very often hereditary. Further causes include: lack of exercise, overweightness and weak connective tissue.



### Initial symptoms of vein weakness can include:

- 1 Tired and heavy legs
- 2 Leg itching or tension
- 3 Pain after long walks and when standing

The symptoms are normally stronger in the evening than in the morning and abate when you put your legs up.

**Only your physician can make the diagnosis following an examination.**



**1 Tired and heavy legs**

**2 Leg itching or tension**

**3 Pain after long walks and when standing**

### When the veins strike

During the course of time, veins can lose stability and become damaged. At the same time, the venous valves would also be affected. The consequence would be venous valves which no longer close correctly, causing the blood to congest in the veins.

#### Damaged venous valves



Open venous valves



Venous valves don't close

# Compression therapy: Proven and effective

As with so many diseases, there is no one single correct treatment here. However, the fact of the matter is: wearing medical compression stockings is the basic therapy for venous diseases.

Medical compression stockings help to support the natural function of the veins in the long-term and to hinder progression of the venous disorder. This supports the work of the muscle-vein pump and the blood flow to the heart. Simultaneously, the pressure exercised on the leg by the stocking is reduced from the bottom to the top.

Medical compression stockings are available in various compression categories. Your physician decides which is the most suitable for you. At the first sign of vein weakness, wearing medical compression stockings can help to hinder worsening. Compression therapy also supports the vein function in the advanced stages of the disease.

## For active living with healthy veins: **BORT AktiVen®**

BORT AktiVen® medical compression stockings are a brand product made in Germany. They support your therapy and are medically effective. The use of high-quality thread and state-of-the-art manufacturing techniques guarantees high quality.

- For a wide range of indications
- Especially supple textile surface for wearing comfort
- Their anatomic shape makes them easy to put on





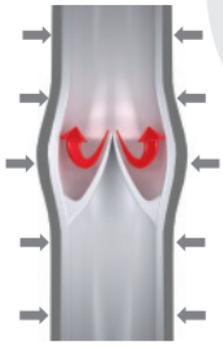
With a  
compression  
stocking

The pressure exerted by the medical compression stockings is reduced in a defined, controlled manner from the ankle upwards. The vein diameter is reduced, the venous valves close again and support blood flow.

### Compression therapy effect



Venous valves  
don't close



Venous valve with  
compression stockings

## Patient's history 1: Judith V.



### **Was always active**

Already as a child, I noticed purple-blue veins on my mother's calves. I couldn't even imagine getting something like that myself. Not even when I discovered some small bulges on my right-hand calf some ten years ago. I thought that was normal when you get older. And, anyway, I am protected as I exercise a lot. When I was young, I did lots of sports and I still now love walking to compensate sitting in the office a lot.

Recently, I noticed more and more often that my legs were tired and heavy. They were mostly already swollen during the course of the morning. Putting my legs up helped me. Naturally, that wasn't really possible in the office. Finally, I went to my family physician and explained him my complaints. He told me that I am in good company because many adults describe precisely these complaints.

### **Finally, complaint-free again**

The physician's examination showed that I have so-called primary varicose veins, a hereditary vein weakness. Eight of ten vein patients are affected by it.

**Age: 60 • Diagnosis:** Vein weakness (primary varicose)

*"Despite varicose veins, I can now again frolic with my grandchildren again, to the greatest possible extent with no complaints."*

My physician told me that this disorder can be well treated with medical compression stockings. So, he prescribed them and I went to the medical store. My legs were measured there and then the fitting stockings were ordered. At the same time, I was informed as to how to handle them. Now, just a few weeks later, it has become normality for me to put on my medical compression stockings immediately after getting up. That really helps well, my complaints have gone and my legs are still nice and slender in the evenings.

## **BORT AktiVen® VITAL**

**The comfortable and versatile compression stockings**

- For a wide range of indications
- Soft haptics for top wearing comfort
- Contoured shaping makes it easy to put on



## Patient's history 2: Thomas E.



### **Not taking good advice seriously**

I travel a lot professionally, especially by train and plane. During the past ten years, my travel activity has increased still further. I can still remember my family physician's advice, who said to me a while back that sitting in aircraft for longer periods can cause thromboses. And that I ought to be careful. Back then, I brushed this aside with a mollifying gesture. I said to her that I really am not a couch potato and do plenty of bike riding in my leisure time.

What finally saved my life was severe pain in my right calf. That happened the evening after a longer journey. Moreover, my calf was visibly swollen. On the next morning, the pain was still there and I went to the physician's.

### **Blessing in disguise**

My family physician referred me to hospital without delay. The physicians there established deep leg vein thrombosis. I was informed that such a thrombosis can result in a life-threatening pulmonary embolism and that business travelers are at particular risk due to sitting for long periods. I experienced blessing in

**Age:** 57 • **Diagnosis:** Post-thrombotic syndrome

*"If I think of the pain I used to have, I am more than happy to wear the stockings today."*

disguise. As a follow-up to treatment by the physician, I was prescribed medical compression stockings for further therapy. Initially, I was not amused at having to wear such stockings day-in, day-out. But to be quite frank: following a short adaptation phase, I became accustomed to them very fast.

## **BORT AktiVen® EXTRA** **The strong compression stockings**

- For severe, advanced venous disorders
- Extra strong compression effect
- Reliable moisture balance
- Temperature-compensating knitted TENCEL® fibre fabric
- Robust stockings for intense strain



## Patient's history 3: Anna T.



### **Pregnancy – when the veins achieve top performance**

“Congratulations, Anna!” I was delighted when my gynaecologist confirmed that I was pregnant. Right from the outset, she then informed me of the bodily changes encountered during the course of pregnancy. The fact that the veins must then achieve top performance was new to me – and also that medical compression stockings can help to keep the increased blood quantity under control.

### **Heavy, tired legs**

The time then came in the twelfth week of pregnancy. My legs were already tired in the morning and swollen. I approached my gynaecologist about this during my next check-up appointment and she prescribed me a fashionable thigh-length stocking with lace silicone border with medical compression.

My first thoughts were that they would be thick, unattractive stockings and certainly skin-coloured and that is bound to look

**Age: 34 • Diagnosis:** Varicose veins during pregnancy

*"During my pregnancy, the stockings transpired to be a real blessing. They are pleasant to wear and even also look smart."*

awful. I was then very surprised to receive a smart, fine pair of stockings with medical compression. And the best thing was: I was allowed to select the colour myself.

The stockings transpired to be a blessing for my legs. They are pleasant to wear, look great and I need not hide anywhere – neither in a theatre nor at a birthday party.

## **BORT AktiVen® TREND**

### **The stylish-elegant compression stocking**

- For the fashion-conscious lady with mild to moderate venous disorders
- Attractive appearance with compression effect
- The perfect appearance in transparent, fine quality
- Pleasant on the skin



# BORT AktiVen®: For active living with healthy veins

BORT AktiVen® medical compression stockings convince with their high medical effectiveness. They were developed to give you back as much wellbeing and quality of life as possible in case of a venous disorder. They provide relief you can feel. Chronic progress of the illness can be slowed down or even be hindered. Medical compression stockings from BORT are available in the following product lines:



## BORT AktiVen® VITAL

The comfortable and versatile compression stockings for daily use



## BORT AktiVen® EXTRA

The strong and durable compression stockings for highest effectiveness and robustness demands



## BORT AktiVen® TREND

The stylish-elegant compression stockings for the most stringent appearance and wearing comfort requirements.



The compression category and design of the stockings depend on the physician's diagnosis.

# BORT AktiVen® original accessories

In order to make your daily life as simple as possible, we offer accessory products which are perfectly attuned to BORT AktiVen® medical compression stockings.

## BORT AktiVen® Donning Aid for medical compression stockings

- Simplifies putting on medical compression stockings
- Safe, independent handling
- Can also be used in case of reduced strength and restricted mobility



## BORT Special adhesive lotion

- For the safe fixing of BORT AktiVen® medical compression stockings



## BORT Special detergent

- Specifically for knitted medical compression fabrics
- Purity when hand-washing



## BORT AktiVen® Special gloves

- Simplifies putting on and taking off medical compression stockings



## BORT AktiVen® skin care

### Rich sea buckthorn moisture care

- Provides the skin with moisture
- For leg care prior to and after wearing compression stockings

Available from the  
2nd quarter of 2021



# Self-test:

## How healthy are your veins?

Due to the typical complaints, it is relatively easy to determine your personal risk. By answering the following questions, you can find out whether you have initial signs of a venous disease. This self-test was taken over with friendly permission from the Deutsche Gesellschaft für Phlebologie [German Phlebology Society] (DGP).

**Sex:** Female  Male

**Age:** \_\_\_\_\_ Years

### A. Family medical history

My parents have/had varicose veins

0 No

### B. Own medical history

I already had a surface venous swelling

0 No

I already had a deep leg vein thrombosis

0 No

I already had leg ulceration (a lower leg sore)

0 No

### C. Complaints

My legs swell increasingly during the course of the day

0 No

I have heavy legs, in particular when I sit and stand for longer periods

0 No

The skin on my lower legs is coloured brownish

0 No

I have visible varicose veins

0 No

I have leg ulceration

0 No

**Grand total:** \_\_\_\_\_ points

**Total all points. If you arrive at a total of four or more points, a venous disease can be suspected. You should then consult your physician and request advice.** He can then make a diagnosis within the scope of an examination and initiate treatment as necessary.

**Height:** \_\_\_\_\_ cm

**Weight:** \_\_\_\_\_ kg

1 One parent

2 Both parents

1 Yes, as a one-off

2 Yes, several times

1 Yes, as a one-off

2 Yes, several times

1 Yes, as a one-off

2 Yes, several times

1 Yes, moderately

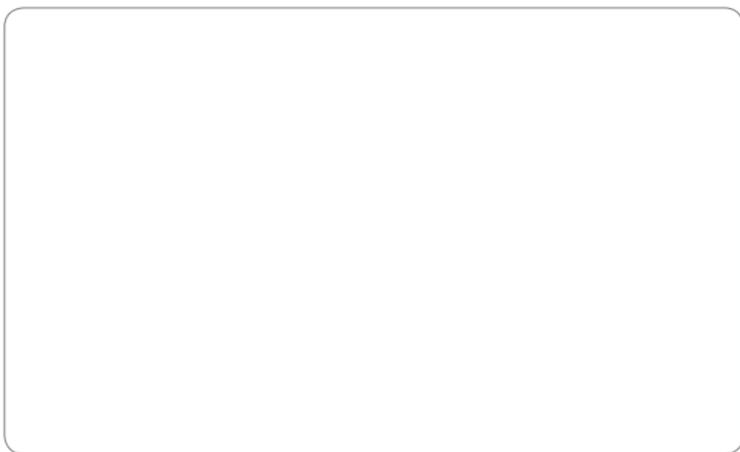
2 Yes, distinctly

1 Yes, moderately

4 Yes, distinctly

**Important information:** Please keep in mind that even if you score fewer than four points, a venous disease cannot be fully ruled-out. Also, the test can never replace examination by a physician. It merely helps you to establish the initial signs of a venous disease.

With best wishes



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