

**Medtronic**



# Varicose veins? Tired and aching legs?

They could be signs of vein disease.

If venous reflux is left untreated, it may worsen over time and develop into a more serious form of vein disease called chronic venous insufficiency, or CVI.<sup>1</sup>

Venous reflux can cause these signs  
and symptoms<sup>2,3</sup>:

- Varicose veins
- Swelling
- Itching
- Heaviness or tiredness
- Aching
- Cramping
- Restlessness
- Open skin sores

CVI risk factors<sup>3</sup>:

- Family history
- Lack of exercise
- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking
- Blood clot (deep vein thrombosis)

## NEPA Vascular

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Practices in Berwick and Wilkes-Barre



Learn more about symptoms, risk factors, and treatments at:  
**[medtronic.com/VaricoseVeins](https://medtronic.com/VaricoseVeins)**

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1. Eberhardt RT, Raffetto JD. Chronic venous insufficiency. *Circulation*. July 22, 2014;130(4):333-346.

2. Gloviczki P, Comerota AJ, Dalsing MC, et al. The Care of Patients with Varicose Veins and Associated Chronic Diseases: Clinical Practice Guidelines of the Society for Vascular Surgery and the American Venous Forum. *J Vasc Surg*. May 2011;53 (5 Suppl):25-48S.

3. Chronic Venous Insufficiency. Johns Hopkins Medicine Health Conditions and Diseases. Available at: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/chronic-venous-insufficiency>. Accessed January 6, 2025.

