

Varicose Veins

INFORMATION GUIDE



Other names:

- Varicosity
- Varicosis

The purpose of this guide is to help patients and families find sources of information and support. This list is not meant to be comprehensive, but rather to provide starting points for information seeking. The resources may be obtained at the Mardigian Wellness Resource Center, room 2101 in the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center>

University of Michigan Resources

- **University of Michigan Department of Vascular Surgery**

<http://surgery.med.umich.edu/vascular/index.shtml>

The site of the U-M department of Vascular Surgery provides information about specific conditions, preparing for surgery, and physicians and staff in the department.

- **University of Michigan Vascular Surgery: Varicose Veins**

- **Varicose Veins Handout**

<http://www.med.umich.edu/1libr/Surgery/VascularSurgery/38-VaricoseVeins.pdf>

- **Normal Vein/Varicose Vein Illustration**

<http://surgery.med.umich.edu/vascular/patient/pdf/Varicose.pdf>

- **Varicose Veins & Chronic Venous Insufficiency Video**

<http://surgery.med.umich.edu/vascular/patient/patiented.shtml>

Scroll down and click on the above title.

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information, go to <http://hr.umich.edu/mhealthy/programs/tobacco/>, call us at (734) 998-6222 or email us at quitsmoking@med.umich.edu.

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Books, Brochures, Fact sheets

- American Heart Association Circulation Journal: **Cardiology Patient Page: Varicose Veins**
Available online at: <http://circ.ahajournals.org/content/130/7/e59.full>
- American Venous Forum. **The Layman's Handbook of Venous Disorders.**
<http://www.veinforum.org/uploadDocs/1/The-Layman-Handbook-of-Venous-Disorders.pdf>
- Department of Health and Human Services, Office on Women's Health. **Varicose Veins and Spider Veins Fact Sheet**
<https://www.womenshealth.gov/files/documents/varicose-spider-veins-fact-sheet.pdf>
- MedlinePlus
 - **Varicose Veins**
<https://medlineplus.gov/ency/article/001109.htm>
 - **Varicose Vein – Noninvasive Treatment**
<https://medlineplus.gov/ency/article/007395.htm>
 - **Varicose Vein Stripping**
<https://medlineplus.gov/ency/article/002952.htm>
- Vascular Cures
 - **Focus on Varicose Veins**
<http://www.vascularcures.org/images/VDF-Diseases-Flyers/focus-on-varicose-veins-flyerVascular%20Cures.pdf>
 - **Varicose Veins**
<http://www.vascularcures.org/images/VDF-Diseases-Flyers/varicose-veins-flyer%20Vascular%20Cures.pdf>

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Audiovisual Resources

- **Varicose Vein Management** (Society of Vascular Surgery)
<https://vascular.org/patient-resources/vascular-conditions/varicose-veins>
- **Varicose Veins & Chronic Venous Insufficiency Video** (University of Michigan Vascular Surgery)
Available for loan at the Mardigian Wellness Resource Center, Room 2101 in the Frankel Cardiovascular Center. Also available for viewing on the web:
<http://surgery.med.umich.edu/vascular/patient/patiented.shtml>
Scroll down and click on the above title.

Web Resources

- **American Venous Forum: Patients**
<http://veinforum.org/patients.html>
The site has overviews, articles and videos about vascular conditions.
- **National Heart, Lung, and Blood Institute (NHLBI): Varicose Veins**
<http://www.nhlbi.nih.gov/>
 - Click on “**See all Health Topics**” under the “**Health Topics**” Heading
 - Click on the letter “**V**”
 - Click on “**Varicose Veins**”This site provides an easy-to-read overview of the condition including causes, symptoms, diagnosis and treatment.
- **RadiologyInfo.org For Patients: Varicose Vein Treatment**
<https://www.radiologyinfo.org/en/info.cfm?PG=varicoseabl>
This page contains information about interventional radiology in the treatment of varicose veins.

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- **Society for Vascular Surgery: Varicose Veins**

<http://www.vascular.org/>

- Click on "**Patient Resources**"
- Click on "**Conditions**"
- Click on "**Varicose Veins**"

This site provides information on symptoms, causes, diagnosis and treatment of varicose veins.

- **Society of Interventional Radiology: Varicose Veins**

<http://www.scvir.org/patients/varicose-veins/>

The Patient section has information on varicose veins with a focus on non-surgical outpatient procedures to treat this condition.

- **Vascular Cures: Varicose Veins**

<http://vascularcures.org/>

- Click on "**Vascular Disease**" from top of the page
- Scroll down and select "**Varicose Veins**" from the list on the left hand side of the page

This site provides a general overview of information on varicose veins.

This document contains information and/or instructional materials developed by the Michigan Medicine for the typical patient with your condition. It may include links to online content that was not created by Michigan Medicine and for which Michigan Medicine does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

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