

Varicose Veins



Other names:

- Varicosity
- Varicosis

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The purpose of this guide is to help people diagnosed with varicose veins and their families to 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 Wellness Resource Center, room 2101 in the Cardiovascular Center.

Brochures, Fact sheets

- Vascular Disease Foundation. *Focus on Varicose Veins*. Access online at: <http://www.vdf.org>

Audiovisual Resources

- **Varicose Veins & Chronic Venous Insufficiency.** University of Michigan Department of Surgery – Vascular Surgery
Available for loan at the Wellness Resource Center, Room 2101 in the Cardiovascular Center. Also available for viewing on the web at: <http://surgery.med.umich.edu/vascular/clinical/disease-specific/venous/index.shtml>
- **Varicose Veins – an Interactive tutorial on MedlinePlus.gov**
Access at: <http://www.medlineplus.gov>
Click on the link to Interactive Tutorials and select from the list under the heading: “Diseases and conditions”
A slide show with voice over and graphics explains the anatomy, symptoms , preventive measures and surgery for varicose veins.

Web Resources

- **American Venous Forum**
Access at: <http://veinforum.org> and click on "Patients"
The site has overviews, articles and videos about vascular conditions.
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- **The National Heart, Lung, and Blood Institute (NHLBI) – Section on Varicose Veins**
Access at: <http://www.nhlbi.nih.gov>
Click on "A-Z Diseases and Conditions Index" and select "Varicose Veins" from the list
This section provides an easy-to-read overview of the condition including causes, symptoms, diagnosis and treatment.
- **University of Michigan Department of Vascular Surgery**
Access at: <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.
- **Varicose Veins** at the Society of Interventional Radiology site
Access at: <http://www.sirweb.org> and type "varicose veins" in the search box.
The Patients and Public section has information on varicose veins with a focus on non-surgical outpatient procedure to treat this condition.
- **Varicose Veins** on Vascular Web.
Access at: <http://www.vascularweb.org>
Provided by the Society of Vascular Surgery. Click on the link to "Patient Information" and select the appropriate topic from the list.
- **Varicose Veins: What are they?** On the Vascular Disease Foundation Web site
Access at: <http://www.vdf.org>, click on the link to "Disease Information" and select from the list.
A detailed overview with illustration describes varicose veins including diagnosis and treatment.

University of Michigan Resources

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

For more information access: <http://www.med.umich.edu/mfit/tobacco/> or call 734.936.5988.

Patient Support Organization

- Vascular Disease Foundation

Web site: <http://www.vdf.org>

Toll-Free Number: 1.866.723.4636

This document is not intended to take the place of the care and attention of your personal physician or other professional medical services. Our aim is to promote active participation in your care and treatment by providing information and education. Questions about individual health concerns or specific treatment options should be discussed with your physician.

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