

# 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***

- American Venous Forum. *What you need to know about... Varicose Veins and Spider Veins.*
- National Women's Health Information Center. *Varicose Veins and Spider Veins.*
  - Access at: <http://womenshealth.gov/faq/>
  - Click on "A-Z View in English"
  - Scroll down and click on "Varicose Veins and Spider Veins"
- Vascular Disease Foundation.
  - *Focus on Varicose Veins*
  - *Varicose Veins.*
  - Access at: <http://www.vdf.org/>
  - Click on "Resources"
  - Click on "Pamphlets" for *Focus on Varicose Veins*
  - Click on "Patient Education Sheets" for *Varicose Veins* fact sheet.

## ***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 “Videos & Cool Tools”
  - Click on “Interactive Tutorials”
  - Under the heading “Diseases and Conditions,” select “Varicose Veins”

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/>
  - Click on “Patients”

The site has overviews, articles and videos about vascular conditions.
- **National Heart, Lung, and Blood Institute (NHLBI) – Section on Varicose Veins**
  - Access at: <http://www.nhlbi.nih.gov/>
  - Click on “Search the Diseases and Conditions Index”
  - Select “Varicose Veins” from the list

This section provides an easy-to-read overview of the condition including causes, symptoms, diagnosis and treatment.
- **Society for Vascular Surgery - Varicose Veins**
  - Access at: <http://www.vascularweb.org/>
  - Click on “Patients and Families”
  - On the left-hand side, click on “Vascular Conditions, Tests, Treatments”
  - Under “Conditions,” click on “Varicose Veins”
- **Society of Interventional Radiology - Varicose Veins**
  - Access at: <http://www.sirweb.org>
  - Click on “Patients”
  - On the left-hand side, click on “Varicose veins”

The Patients and Public section has information on varicose veins with a focus on non-surgical outpatient procedure to treat this condition.
- **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.

- **Vascular Disease Foundation - Varicose Veins: What are They?**
  - Access at: <http://www.vdf.org/>
  - Click on "Disease Information"
  - Select "Varicose Veins" from the listA 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.mhealthy.umich.edu/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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