

Chronic Venous Insufficiency



Other names: Post-phlebitic Syndrome

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The purpose of this guide is to help people diagnosed with Chronic Venous Insufficiency 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...Chronic Venous Insufficiency.*
- Society of Interventional Radiology. *Varicose Veins and Venous Insufficiency.*

Audiovisual Resources

- **Varicose Veins & Chronic Venous Insufficiency** - University of Michigan Department of Surgery – Vascular Surgery

Available for viewing on the web at:

<http://surgery.med.umich.edu/vascular/clinical/disease-specific/venous/index.shtml>

The DVD is also available for loan at the Wellness Resource Center, Room 2101 in the Cardiovascular Center.

Web Resources

- **American Venous Forum**
 - Access at: <http://veinforum.org/>
 - Click on "Patients"
 - The site has overviews, articles and videos about vascular conditions.
- **Society for Vascular Surgery – Venous Insufficiency**
 - 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 "Venous Insufficiency"

- **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.
- **UpToDate - Patient information: Chronic Venous Disease**
 - Access at: <http://www.patients.uptodate.com/>
 - Hold the mouse over "View patient-level articles by category"
 - Click on "Heart Disease"
 - Relevant articles are listed under "Chronic Venous Disease"

This detailed, comprehensive overview is based on professional literature reviews written for physicians and updated regularly. The overview is very detailed and includes some medical terminology. It is suitable for readers seeking to gain in-depth understanding of venous insufficiency.
- **Venous Disease Coalition - Chronic Venous Insufficiency: What is it?**
 - Access at: <http://www.venousdiseasecoalition.org/>
 - Click on Disease Information
 - Click on "Chronic Venous Insufficiency"

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 Organizations

- **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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