

Chronic Venous Insufficiency

INFORMATION GUIDE



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 www.umcvc.org/mwrc

Brochures, Fact sheets

- American Venous Forum.
 - **Chronic Venous Insufficiency Presentation**
Chapter 12 of the **Handbook of Venous Disorders**. Available online at: <http://www.veinforum.org/patients/vein-handbook/chapter-12-chronic-venous-insufficiency-presentation>
 - **What You Need to Know About Chronic Venous Insufficiency.**
- Society of Interventional Radiology. **What You Need to Know About Varicose Veins and Venous Insufficiency.**
- University of Michigan Vascular Surgery. **Venous Disease.**
Available at <http://www.med.umich.edu/1libr/Surgery/VascularSurgery/277-VenousDisease.pdf>
- Vascular Disease Foundation. **What is Chronic Venous Insufficiency (CVI).**
Available online at: <http://vasculardisease.org/flyers/chronic-venous-insufficiency-flyer.pdf>

Audiovisual Resources

- University of Michigan Department of Surgery – Vascular Surgery.
Varicose Veins & Chronic Venous Insufficiency. 11:31 minutes
Available for loan at the Mardigian Wellness Resource Center or online at: <http://surgery.med.umich.edu/portal/patient/patiented.shtml>
→ Scroll down the page until you find the above title to click on

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Web Resources

- **American Venous Forum**
<http://veinforum.org/>
→ Click on **"Patients"**
The site has overviews, articles and videos about vascular conditions.
- **University of Michigan Department of Vascular Surgery**
<http://surgery.med.umich.edu/vascular/index.shtml>
→ Click on **"Venous Disease"**
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**
<http://www.patients.uptodate.com/>
→ Type **"Chronic Venous Disease"** into the **"Search Patient Content"** box
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.
- **Vascular Cures- Chronic Venous Insufficiency**
<http://www.vascularcures.org/>
→ Click on **"Vascular Disease?"**
→ Click on **"Chronic Venous Insufficiency "** on the left hand side of screen
- **VascularWeb by the Society for Vascular Surgery – Venous Insufficiency**
<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"**

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University of Michigan Resources

- **Vascular Surgery at the University of Michigan**

The University of Michigan section of Vascular Surgery is dedicated to the care and treatment all blood vessels outside the heart and brain.

For information about appointments and vascular conditions:

<http://surgery.med.umich.edu/vascular/> or call: 1-888-287-1082

- **The Cardiovascular Disease Prevention & Rehabilitation Program** at Domino's Farms offers a number of relevant programs and services including:

- Cardiac Rehabilitation Program
- Exercise Consultations
- Nutrition Services
- Stress Management Services

For more information access <http://www.umcvc.org/medical-services/cardiovascular-disease-prevention-and-rehabilitation>

or call: 888.287.1082

- **Tobacco Consultation Service**

Group and individual quit-smoking programs.

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

Patient Support Organization

- **Vascular Disease Foundation**

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

Toll-Free Number: 1.866.723.4636

This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS 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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