

# Venous Disease

## INFORMATION GUIDE



### Other names:

- Varicose Veins
- Reticular Veins
- Chronic Venous Insufficiency (CVI)
- Spider Veins
- Thrombophlebitis
- Deep Vein Thrombosis (DVT)
- Pulmonary Embolism (PE)
- Venous Thromboembolism
- May-Thurner Syndrome
- Inferior Vena Cava Abnormalities

### Treatment names:

- Sclerotherapy
- Open Phlebectomy
- Venous Ablation
- Powered (TRIVEX) Phlebectomy
- Thrombolysis
- Perforator Treatment
- Inferior Vena Cava (IVC) Filter

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 located off the Atrium on Floor 2 of the Cardiovascular Center. Visit our website at <http://www.umcvc.org/mardigian-wellness-resource-center> and online Information guides at <http://infoguides.med.umich.edu/home>

### Michigan Medicine Resources

- **Michigan Medicine Vascular and Interventional Radiology**  
<http://www.uofmhealth.org/medical-services/vascular-and-interventional-radiology>  
Vascular and interventional radiology is a cutting-edge medical specialty that encompasses image-guided minimally invasive procedures which minimize hospital stays and patient recovery time.
- **Michigan Medicine Venous Disease**  
<https://www.umcvc.org/conditions-treatments/venous-disease>  
Provides information about specific vascular conditions and treatments.

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- **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](mailto:quitsmoking@med.umich.edu)

### Brochures, Fact Sheets

- Michigan Medicine: **Vascular Surgery Care Guides from Your Clinician Page**  
<http://careguides.med.umich.edu/vascular-surgery>  
Many Michigan Medicine Vascular Surgery documents. Look under the **Venous Disease** heading.
- RadiologyInfo.org for Patients:
  - **Phlebectomy of Varicose Veins**  
<https://www.radiologyinfo.org/en/pdf/phlebectomy.pdf>
  - **Inferior Vena Cava Filter Placement and Removal**  
<https://www.radiologyinfo.org/en/pdf/VenaCavaFilter.pdf>
  - **Sclerotherapy of Varicose Veins and Spider Veins**  
<https://www.radiologyinfo.org/en/pdf/Sclerotherapy.pdf>
  - **Varicose Vein Treatment (Endovenous Ablation of Varicose Veins)**  
<https://www.radiologyinfo.org/en/pdf/varicoseabl.pdf>
- Society for Vascular Nursing. **Venous Disease Booklet**  
<https://svnnet.org/wp-content/uploads/2015/09/SVN-Venous-Disease-Booklet-2014.pdf>

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- Vascular Cures. Educational Flyers:
  - Chronic Venous Insufficiency
  - Deep Vein Thrombosis (DVT)
  - DVT and Air Travel
  - DVT and Compression Stockings
  - Pulmonary Embolism
  - Venous Thromboembolism (Blood Clots)
  - Varicose Veins

<http://vascularcures.org/downloadable-flyers/>

### Audiovisual Resources

- Michigan Medicine Vascular Surgery  
<http://surgery.med.umich.edu/vascular/patient/patiented.shtml>  
Scroll down the page until you find the titles listed below.
  - Varicose Veins & Chronic Venous Insufficiency.
  - Aftercare Instructions Following Saphenous Vein Ablation
  - Aftercare Instructions Following Saphenous Vein Ablation with Stab Phlebectomies
  - Aftercare Instructions Following Stab Phlebectomies
  - Aftercare Instructions Following TriVex Phlebectomy
  - Dressings and Wraps Used After Varicose Vein Surgery
- Society for Vascular Surgery. Venous Insufficiency.  
<https://youtu.be/CbHnb4TJqA8> 7:09 minutes.

### Web Resources

- American Venous Forum: Patients  
<https://www.veinforum.org/patients/>  
This site has overviews, articles and videos about vascular conditions.

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- **National Heart, Lung, and Blood Institute (NHLBI)**

<https://www.nhlbi.nih.gov/>

Go to “**Health Topics**” and then **A-Z Index** select:

- Deep Vein Thrombosis (DVT)
- Venous Thromboembolism
- Varicose Veins

Provides information on causes, screening and prevention, symptoms, diagnosis, disease management, and treatment.

- **Society for Vascular Surgery: Patient Resources**

<https://vascular.org/patient-resources>

Provides information on venous disease including symptoms, causes, screening, diagnosis and treatments.

- **Vascular Cures**

<http://vascularcures.org/>

This site provides information on various vascular conditions as well as patient videos and stories.

## Patient Support Organizations

- **Vascular Cures**

<http://vascularcures.org/>

650.368.6022

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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