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

Brochures, Fact sheets

- Michigan Medicine Vascular Surgery. **Venous Disease**

- Vascular Cures. **What is Chronic Venous Insufficiency (CVI)**

Audiovisual Resources

- Michigan Medicine Vascular Surgery
  **Varicose Veins & Chronic Venous Insufficiency.** 11:31 minutes
  http://surgery.med.umich.edu/vascular/patient/patiented.shtml
  Scroll down the page until you find the above title to click on

- Society for Vascular Surgery. **Venous Insufficiency.**

Web Resources

- **American Venous Forum: Patients**
  http://veinforum.org/patients.html
  This site has overviews, articles and videos about vascular conditions.
- Society for Vascular Surgery: Chronic Venous Insufficiency
  [https://vascular.org/](https://vascular.org/)
  → Under “Patient Resources“ on the left-hand side, click on “Vascular Conditions”
  → Click on “Chronic Venous Insufficiency”
  Provides information on chronic venous insufficiency including symptoms, causes, screening, diagnosis and treatment.

- UpToDate Patient Information: Chronic Venous Disease
  → 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
  Provides information on causes, symptoms, risk factors, diagnosis and treatment.

**Michigan Medicine Resources**

- The Cardiovascular Disease Prevention & Rehabilitation program at Domino’s Farms offers a number of relevant program and services including:
  - Cardiac Rehabilitation Program
  - Exercise Consultations
  - Nutrition Services
  - Stress Management Services
  or call: 734.888.287.1082
• **Michigan Medicine Vascular Surgery**
  
  
  This site provides information about specific conditions, preparing for surgery, and physicians and staff in the department.

• **Tobacco Treatment Programs**
  
  Group and individual quit-smoking programs.
  
  For more information, go to [http://hr.umich.edu/mhealthy/programs/tobacco/](http://hr.umich.edu/mhealthy/programs/tobacco/), call (734) 998-6222 or email at quitsmoking@med.umich.edu

**Patient Support Organizations**

• **Vascular Cures**
  
  [http://vascularcures.org/](http://vascularcures.org/)
  
  650.368.6022