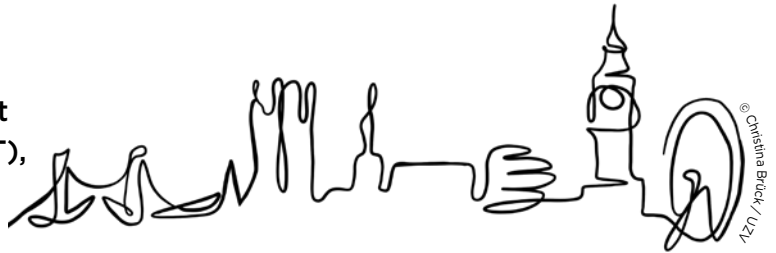


Varicose Veins and Thrombosis

Venous disorders are, from the most to the least serious: **blood clots**, deep vein thrombosis (DVT), **superficial** venous thrombosis (SVT), chronic venous insufficiency, varicose, and **spider veins**.



DVT in itself is not **life-threatening**, but there is a risk of a blood clot breaking free and travelling to the lungs causing a **pulmonary embolism**, a life-threatening condition. The risks of developing a venous disorder vary from gender, to **pre-disposition**, to lifestyle. Women

are likely to develop varicose veins during pregnancy, when taking oral contraceptives and hormone replacement therapy during menopause. Fortunately, most venous problems are cosmetic and can be treated without an operation. In cases of SVT, a so-called thrombophlebitis can develop, causing significant

pain in the vein and surrounding area. Deep vein thrombosis is found in the deeper veins and is affected by factors such as a **sedentary** lifestyle, obesity, smoking, and **heredity**. Prevention is a key factor.

Female pharmacy customer: Good morning. Do you speak English?
PTA: Yes, how can I help you?

when you are standing all day. Going for a quick **stroll** at lunchtime also helps, especially if you have to sit or stand a lot. Avoid wearing high heels for longer periods, as the **calf muscles** can't work properly with them. Simply putting your feet up for a few minutes is also helpful, especially after a long day standing. Of course, getting enough fluids over the course of the day is also very important.

VOCABULARY	
varicose veins	Krampfadern
venous disorders	Venenleiden
blood clots	Blutgerinnsel
superficial	oberflächlich
spider veins	Besenreiser
life-threatening	lebensbedrohlich
pulmonary embolism	Lungenembolie
predisposition	Veranlagung
sedentary	sitzend
heredity	Vererbung
horse chestnut	Roskastanie
soothing	beruhigend
compression tights	Kompressionsstrumpfhose
stroll	Spaziergang
calf muscles	Wadenmuskeln
fridge	Kühlschrank

As soon as the warm weather arrives, I start to get problems with my legs.
What kind of problems?

My feet get swollen, and my legs feel really heavy. Is there anything that you can recommend?
Of course! We have a whole range of products to help with those problems. This one here has horse chestnut extract, which has been known to help vein problems for a very long time. It comes as a gel, which is great for giving a cooling, soothing effect, and as a spray, which is ideal for the office. Do you have varicose veins?

No, and I don't want them!
That's good. When it gets warm, I usually start to wear light compression tights, which are ideal

I think I'll take both products. Exercise is so important for your legs. There are lots of things that you can do at home. For example, you can lie on your back, and elevate your legs and do cycling movements. Smoking doesn't help your veins either.

I was thinking of quitting smoking anyway, so there is no time like the present.
By the way, I keep the gel in the fridge. It is so refreshing to apply it on tired legs after being on your feet all day!

I'll definitely do that, thank you. ■

*Catherine Croghan,
Lecturer in English and
native speaker*

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