

# WHY ARE MY LEGS TIRED, ACHY AND SWOLLEN?

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GROUP

1

Increased blood volume places stress on the veins in the legs

2

Increased pressure in the pelvic area which can cause blood flow obstruction, swelling, discomfort and varicose veins

3

Changing hormone levels during pregnancy and after birth

4

Weakened blood vessel walls

## These changes Can lead to veinous diseases

6/10  
women

develop their first varicose veins during pregnancy

100%  
of pregnant

women complain of leg pain during pregnancy

The risk  
**x5**

of phlebitis during pregnancy

The risk  
**x60**

of phlebitis during 6 weeks after giving birth

Why suffer from tired, achy and/or swollen legs during pregnancy?  
Wear Sigvaris compression socks.

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Maternity

COMPRESSION SOCKS FOR  
HEALTHIER LEGS DURING  
PREGNANCY

# WHY WEAR COMPRESSION DURING PREGNANCY?

## TO PREVENT

### DEEP VEIN THROMBOSIS (DVT)

Pain, warmth, and a swollen calf are symptoms of a DVT yet often there are no symptoms at all. Be alert.

## TO PREVENT & TREAT

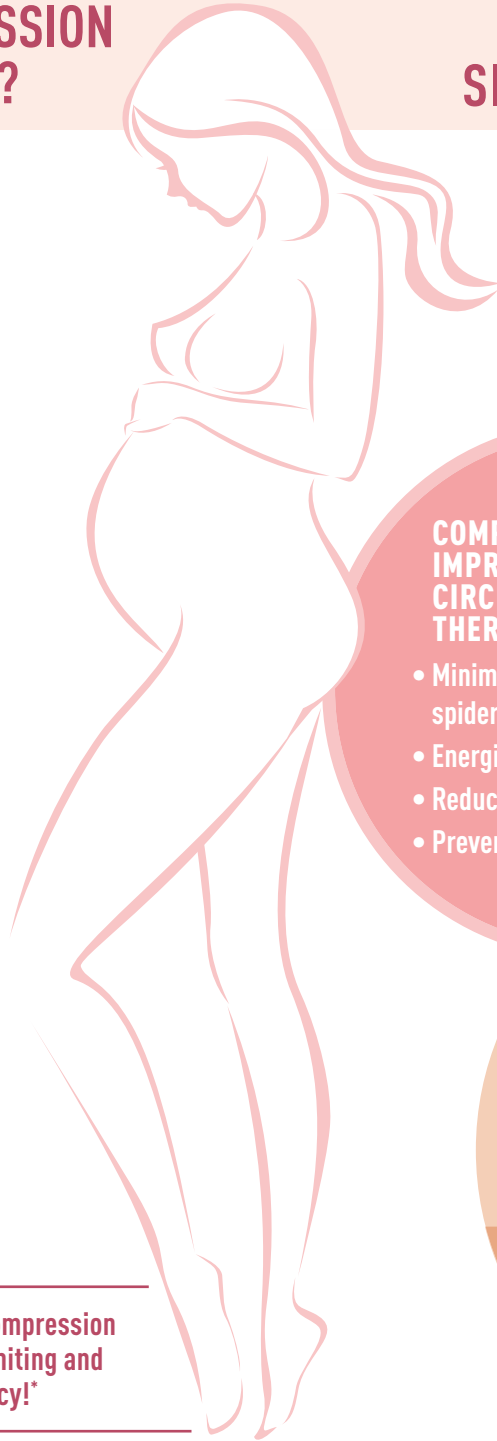
### VENOUS DISEASE AND ITS SYMPTOMS

Such as edema (swollen legs), heavy legs and varicose veins.

## TO IMPROVE

### THE QUALITY OF LIFE FOR WOMEN WHO ARE PREGNANT

A recent study shows that wearing compression socks or hosiery reduces nausea, vomiting and dizziness at the beginning of pregnancy!



# SIGVARIS COMPRESSION IS THE TREATMENT OF CHOICE

Compression garments apply an active and degressive pressure along the leg promoting venous circulation and the return of blood to the heart

## COMPRESSION IMPROVES BLOOD CIRCULATION AND THEREFORE:

- Minimizes the risk of getting spider and varicose veins
- Energizes your legs
- Reduces / Prevents leg swelling
- Prevents blood pooling

THE RISK OF DEVELOPING CHRONIC VENOUS DISEASE REMAINS FOR UP TO 12 WEEKS AFTER GIVING BIRTH.

Wearing compression garments reduce the risk of deep vein thrombosis (DVT)/phlebitis

**-66%**

# 5 tips for healthy legs during pregnancy

- Wear SIGVARIS medical compression socks
- Avoid standing or sitting for long periods at a time
- Stay active
- When possible, slightly elevate your legs
- Avoid extended leg exposure to heat

Sigvaris offers solutions that will make this very special experience pleasant and less stressful on your legs.



\*Mendoza E, Amsler F.A randomized crossover trial on the effect of compression stockings on nausea and vomiting in early pregnancy. International Journal of Women's Health 2017;9 89-99.  
\*\*Angéologie volume 63, reproduction humaine et hormones, volume XXIV numéro spécial 01/2011.