



Patient information

3
Three patients
report their
experiences

Healthy veins

Understanding. Preventing. Acting.

BORT. Benefit at your side.



Dear patient,

this is about your healthy veins. We inform you about the vein system function, the possible causes of venous disease and treatment options.

Venous disorders belong to the widespread complaints amongst the general population, roughly every fourth adult is affected by them. The good news: there are several effective therapy options. These include wearing medical compression stockings.

This brochure shows you opportunities for living with healthy veins. Three exemplary patient stories inform regarding the forms a venous disease can have.

Understanding, preventing, acting.

For active living with healthy veins!

Your BORT AktiVen® team

Table of contents

The vein system and its function	Page 4–5
<hr/>	
Venous disorder – a widespread disease: Pay attention to changes	Page 6–7
<hr/>	
Compression therapy: Proven and effective	Page 8–9
<hr/>	
Patient’s history 1: Judith V., vein weakness	Page 10–11
<hr/>	
Patient’s history 2: Thomas E., Post-thrombotic syndrome	Page 12–13
<hr/>	
Patient’s history 3: Anna T., varicose veins during pregnancy	Page 14–15
<hr/>	
BORT AktiVen®: For active living with healthy veins	Page 16–21
<hr/>	
BORT AktiVen® vein gymnastics Exercises for prevention	Page 22–25
<hr/>	
Self-test: How healthy are your veins?	Page 26–27
<hr/>	

Our leg vein system is formed from deep and superficial leg veins.

Deep leg
veins

Superficial leg
veins



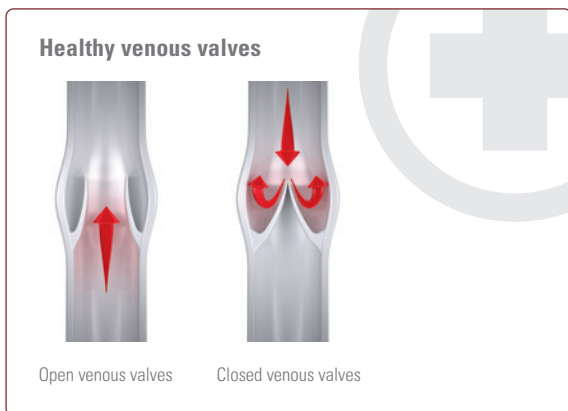
The vein system and its function

Our leg veins accomplish marvels of performance. Day-in, day-out they transport venous blood back to the heart against gravity. That amounts to some 7000 litres' blood daily.

Muscles and valves as accomplices

How do our veins cope with that? You use your leg muscles for this purpose. Because the veins are located between the muscles, they are compressed as soon as the muscles tense. As a result, the blood is pressed upwards. The constant tensing and relaxation of the muscles when walking acts like a pump and is accordingly called a muscle-vein pump.

So-called venous valves are located on the inner surface of the veins, allowing the blood to constantly rise. They are open when the blood flows upwards towards the heart and close in order to hinder backflow – comparable with the function of a non-return valve. As gravity is particularly noticeable in the leg veins, there are particularly large numbers of valves there.



Venous disorder - a widespread disease: Pay attention to changes

Venous disorder is a widespread disease in current times. Roughly every fourth person is affected. Vein weakness is very often hereditary. Further causes include: lack of exercise, overweightness and weak connective tissue.



Initial symptoms of vein weakness can include:

- 1 Tired and heavy legs
- 2 Leg itching or tension
- 3 Pain after long walks and when standing

The symptoms are normally stronger in the evening than in the morning and abate when you put your legs up.

Only your physician can make the diagnosis following an examination.



1 Tired and heavy legs

2 Leg itching or tension

3 Pain after long walks and when standing

When the veins strike

During the course of time, veins can lose stability and become damaged. At the same time, the venous valves would also be affected. The consequence would be venous valves which no longer close correctly, causing the blood to congest in the veins.

Damaged venous valves



Open venous valves



Venous valves don't close

Compression therapy: Proven and effective

As with so many diseases, there is no one single correct treatment here. However, the fact of the matter is: wearing medical compression stockings is the basic therapy for venous diseases.

Medical compression stockings help to support the natural function of the veins in the long-term and to hinder progression of the venous disorder. This supports the work of the muscle-vein pump and the blood flow to the heart. Simultaneously, the pressure exercised on the leg by the stocking is reduced from the bottom to the top.

Medical compression stockings are available in various compression categories. Your physician decides which is the most suitable for you. At the first sign of vein weakness, wearing medical compression stockings can help to hinder worsening. Compression therapy also supports the vein function in the advanced stages of the disease.

For active living with healthy veins: **BORT AktiVen®**

BORT AktiVen® medical compression stockings are a brand product made in Germany. They support your therapy and are medically effective. The use of high-quality thread and state-of-the-art manufacturing techniques guarantees high quality.

- For a wide range of indications
- Especially supple textile surface for wearing comfort
- Their anatomic shape makes them easy to put on



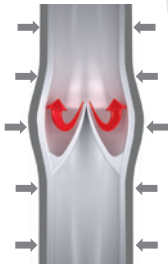


The pressure exerted by the medical compression stockings is reduced in a defined, controlled manner from the ankle upwards. The vein diameter is reduced, the venous valves close again and support blood flow.

Compression therapy effect



Venous valves don't close



Venous valve with compression stockings

Patient's history 1: Judith V.



Was always active

Already as a child, I noticed purple-blue veins on my mother's calves. I couldn't even imagine getting something like that myself. Not even when I discovered some small bulges on my right-hand calf some ten years ago. I thought that was normal when you get older. And, anyway, I am protected as I exercise a lot. When I was young, I did lots of sports and I still now love walking to compensate sitting in the office a lot.

Recently, I noticed more and more often that my legs were tired and heavy. They were mostly already swollen during the course of the morning. Putting my legs up helped me. Naturally, that wasn't really possible in the office. Finally, I went to my family physician and explained him my complaints. He told me that I am in good company because many adults describe precisely these complaints.

Finally, complaint-free again

The physician's examination showed that I have so-called primary varicose veins, a hereditary vein weakness. Eight of ten vein patients are affected by it.

Age: 60 • Diagnosis: Vein weakness (primary varicose)

"Despite varicose veins, I can now again frolic with my grandchildren again, to the greatest possible extent with no complaints."

My physician told me that this disorder can be well treated with medical compression stockings. So, he prescribed them and I went to the medical store. My legs were measured there and then the fitting stockings were ordered. At the same time, I was informed as to how to handle them. Now, just a few weeks later, it has become normality for me to put on my medical compression stockings immediately after getting up. That really helps well, my complaints have gone and my legs are still nice and slender in the evenings.

BORT AktiVen® VITAL

The comfortable and versatile compression stockings

- For a wide range of indications
- Soft haptics thanks to breathable **microfibre knit** providing maximum wearing comfort
- Contoured shaping makes it easy to put on



Patient's history 2: Thomas E.



Not taking good advice seriously

I travel a lot professionally, especially by train and plane. During the past ten years, my travel activity has increased still further. I can still remember my family physician's advice, who said to me a while back that sitting in aircraft for longer periods can cause thromboses. And that I ought to be careful. Back then, I brushed this aside with a mollifying gesture. I said to her that I really am not a couch potato and do plenty of bike riding in my leisure time.

What finally saved my life was severe pain in my right calf. That happened the evening after a longer journey. Moreover, my calf was visibly swollen. On the next morning, the pain was still there and I went to the physician's.

Blessing in disguise


My family physician referred me to hospital without delay. The physicians there established deep leg vein thrombosis. I was informed that such a thrombosis can result in a life-threatening pulmonary embolism and that business travelers are at particular risk due to sitting for long periods. I experienced blessing in

Age: 57 • **Diagnosis:** Post-thrombotic syndrome

*"If I think of the pain I used to have,
I am more than happy to wear
the stockings today."*

disguise. As a follow-up to treatment by the physician, I was prescribed medical compression stockings for further therapy. Initially, I was not amused at having to wear such stockings day-in, day-out. But to be quite frank: following a short adaptation phase, I became accustomed to them very fast.

BORT AktiVen® EXTRA The strong compression stocking

- Extra strong compression effect
- Their contoured shape makes them easy to put on
- Soft haptics for top wearing comfort, with state-of-the-art  **Tencel** functional fibre for fresh wearing comfort



TENCEL® is a registered trademark of Lenzing AG.

Patient's history 3: Anna T.



Pregnancy – when the veins achieve top performance

“Congratulations, Anna!” I was delighted when my gynaecologist confirmed that I was pregnant. Right from the outset, she then informed me of the bodily changes encountered during the course of pregnancy. The fact that the veins must then achieve top performance was new to me – and also that medical compression stockings can help to keep the increased blood quantity under control.

Heavy, tired legs

The time then came in the twelfth week of pregnancy. My legs were already tired in the morning and swollen. During the next follow-up appointment, I approached my gynaecologist regarding this and she prescribed me fashionable stockings with a medical compression effect.

My first thoughts were such thick, unattractive stockings and certainly skin-coloured, that is bound to look awful. I was then very surprised to receive a smart, fine pair of stockings with

Age: 34 • Diagnosis: Varicose veins during pregnancy

"During my pregnancy, the stockings transpired to be a real blessing. They are pleasant to wear and even also look smart."

medical compression. And the best thing was: I was allowed to select the colour myself.

The stockings transpired to be a blessing for my legs. They are pleasant to wear, look great and I need not hide anywhere – neither in a theatre nor at a birthday party.

BORT AktiVen® TREND

The stylish-elegant compression stocking

- For the fashion-conscious lady with mild to moderate venous disorders
- Attractive appearance with compression effect
- The perfect appearance in transparent, fine quality
- Pleasant on the skin



BORT AktiVen®: For active living with healthy veins

BORT AktiVen® medical compression stockings convince with their high medical effectiveness.

They were developed to give you back as much wellbeing and quality of life as possible in case of a venous disorder. They provide relief you can feel. Chronic progress of the illness can be slowed down or even be hindered.

Production in Germany using high-quality yarn and state-of-the-art manufacturing techniques guarantee constant high quality. Therefore, all BORT AktiVen® medical compression stockings have the RAL quality mark from the Gütezeichengemeinschaft Medizinische Kompressionsstrümpfe e.V.



BORT AktiVen® VITAL

The comfortable and versatile compression stockings for daily use



BORT AktiVen® EXTRA

The strong and durable compression stockings for highest effectiveness and robustness demands



BORT INDIVIDUAL

Made-to-measure
for you



Medical compression stockings from BORT are available in four different product lines. All models convince with their reliable compression effect. The compression class and the shape of the stockings depend on the physician's diagnosis. You can choose various stocking colours.



Beige



Caramel



Marine



Anthracite



Black



Beige

Personalised production

BORT AktiVen® VITAL, EXTRA and 100 quality medical compression stockings can also be customised if required, meaning that each pair of stockings is adapted to your individual leg dimensions. This guarantees optimum fitting and therefore top wearing comfort.



BORT AktiVen® TREND

The stylish-elegant compression stockings for the most stringent appearance and wearing comfort requirements



BORT AktiVen® 100

The compression stockings for basic medical care



Wearing compression stockings: We make it easy for you

With specialist help in your medical store, putting your medical compression stockings on still worked fine. However, now at home you have established that putting them on is problematic for you? In particular in case of limited strength and reduced freedom of movement we have a solution: the BORT AktiVen® donning aid. It simplifies the putting on process considerably and is easy to handle.

The innovative folding mechanism and attachment of the donning aid to the leg of a chair safely hinder it slipping when putting the stocking on. Thus, you can wear your stockings daily and therapeutic success will become considerably clearer.



BORT AktiVen® donning aid
Video instructions
Video tutorial

Please also take a look at our further original accessories:

- BORT AktiVen® Special Gloves make the daily the putting on and taking off of the medical compression stockings even easier
- We recommend the BORT Special Adhesive Lotion for secure attachment of the medical compression stockings to the leg



Neat and clean: Daily washing of the stockings for a functional compression effect.

Your medical compression stockings are a high-quality medical device. In order to maintain the compression effect and avoid unpleasant odours, we strongly recommend daily cleaning.

BORT Special Detergent is specifically suitable for hand-washing medical compression stockings. It removes dirt and safely hinders the fabric becoming soiled again – for clean and pleasant wearing comfort.

Already
dissolves skin
fat at low
temperatures

Biodegradable



pH-neutral

Tipp

wash medical compression stockings correctly



1. Pour 5 ml into 2–3 l lukewarm water



2. Let them take effect for 5–10 minutes



3. Rinse them out thoroughly



4. Squeeze them out carefully in a towel



5. Hang them up to dry



Calms and relaxes: Skin care for vein therapy

Wearing medical compression stockings may cause skin changes. Pressure and friction of the stocking material causes a peeling effect which considerably stresses the skin. Moreover, it loses its moisture content more with increasing age.

The consequences:

- Dryness
- Itching
- Scaling

These skin changes can be counteracted with regular and extensive care.



Pleasant
sea buckthorn
odour

Nourishes
& relaxes


Provides
moisture

BORT AktiVen® skin care with a pleasant buckthorn odour is specifically suitable for use when wearing medical compression stockings. It cares for and relaxes the skin and provides moisture.

In the morning before putting the stockings on, it invigorates your skin and provides freshness for the day. In the evening, dry skin is lastingly cared for and overnight regeneration is supported.

From the donning aid to skin care – we would like to make wearing medical compression stockings as pleasant and comfortable as possible for you: Ask for original BORT AktiVen® accessories at your medical store. They will be happy to advise you there.

BORT AktiVen® vein gymnastics



" You do your veins good with the following exercises whilst preventing varicose veins and further vein diseases. "

Exercises when lying down

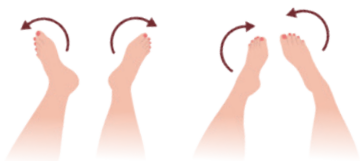
- ⊕ Lie down flat and place your legs on a cushion or a bolster. Pull both forward sections of your feet towards your body in parallel. Repeat the exercise 10 times.



- ⊕ Then, pull the forward sections of the feet alternately towards your body, also repeat 10 times.



- ⊕ Leave your feet placed on the cushion and rotate them inwards and outwards from the joint. Repeat this exercise 10 times.



- ⊕ Next, raise your legs upwards horizontally. Then, pull the forward sections of the feet parallel to the body again 10 times and alternate 10 times between the right and the left.



Exercises when sitting

- ⊕ Sit on a chair and place both legs on the forward sections of the feet simultaneously and then back on the soles of the feet fast. Repeat 10 times.

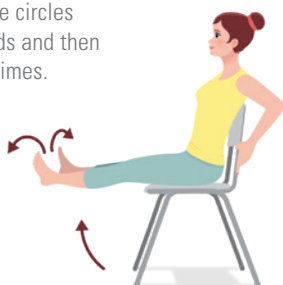


- ⊕ Then, position the feet on the heels. Raise the right and left forward sections of the feet 10 times alternately.

- ⊕ Support yourself on the chair with your hands behind your back. Offload your legs from the ground using your toes, keep them in the air for a moment and set them down again slowly. Repeat 10 times.

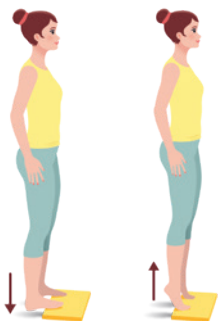


- ⊕ Splay your legs and describe circles with your feet – first inwards and then outwards. Repeat each 10 times.



Exercises when standing

- ⊕ Stand on your tiptoes with your legs together 20 times and lower yourself again slowly.



- ⊕ Stand with your toes on a thick book and stretch yourself upwards. Contact the ground slowly with your heels 20 times.

- ⊕ Position yourself upright, press your heels upwards and walk a few steps on your tiptoes. Repeat after a short break.



- ⊕ Then, walk a few steps on your heels. Repeat this too after a short break.

Self-test:

How healthy are your veins?

Due to the typical complaints, it is relatively easy to determine your personal risk. By answering the following questions, you can find out whether you have initial signs of a venous disease. This self-test was taken over with friendly permission from the Deutsche Gesellschaft für Phlebologie [German Phlebology Society] (DGP).

Sex: Female Male

Age: _____ Years

A. Family medical history

My parents have/had varicose veins

0 No

B. Own medical history

I already had a surface venous swelling

0 No

I already had a deep leg vein thrombosis

0 No

I already had leg ulceration (a lower leg sore)

0 No

C. Complaints

My legs swell increasingly during the course of the day

0 No

I have heavy legs, in particular when I sit and stand for longer periods

0 No

The skin on my lower legs is coloured brownish

0 No

I have visible varicose veins

0 No

I have leg ulceration

0 No

Grand total: _____ points

Total all points. If you arrive at a total of four or more points, a venous disease can be suspected. You should then consult your physician and request advice. He can then make a diagnosis within the scope of an examination and initiate treatment as necessary.

Height: _____ cm

Weight: _____ kg

1 One parent

2 Both parents

1 Yes, as a one-off

2 Yes, several times

1 Yes, as a one-off

2 Yes, several times

1 Yes, as a one-off

2 Yes, several times

1 Yes, moderately

2 Yes, distinctly

1 Yes, moderately

2 Yes, distinctly

1 Yes, moderately

2 Yes, distinctly

1 Yes, moderately

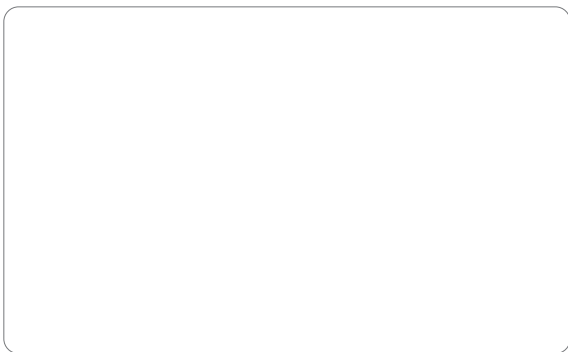
2 Yes, distinctly

1 Yes, moderately

4 Yes, distinctly

Important information: Please keep in mind that even if you score fewer than four points, a venous disease cannot be fully ruled-out. Also, the test can never replace examination by a physician. It merely helps you to establish the initial signs of a venous disease.

With best wishes



MP2005|2023-01|006 GB | Rev. 01



BORT GmbH

Am Schweizerbach 1 | D-71384 Weinstadt | www.bort.com