



DEFY
WHAT
HOLDS
YOU
DOWN

DEFY GRAVITY



**YOUR GUIDE TO
HEALTHY LEGS**

JOBST® Compression LegWear



More Than 80 Million Americans Suffer From Vein Disease¹

Chronically tired, aching legs? Swollen ankles? You may have a venous disorder.

The information included is for educational purposes only. It is not intended to be a substitute for professional medical advice or professional nursing services. Always consult your healthcare provider if you have questions concerning your medical condition or treatment plan.

Venous disorders are common, just like high blood pressure, heart disease, or diabetes. They are complex medical conditions that can lead to further health problems¹ and should be taken seriously. It is estimated that at least 20-25 million Americans have varicose veins.² Gradient compression reduces swelling and helps prevent the pooling of fluid.

¹ vascularisease.org

² womenshealth.gov

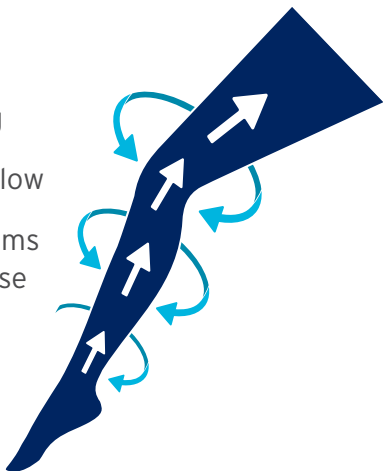
DID YOU KNOW ?

BY AGE 50, NEARLY 40% OF WOMEN AND 20% OF MEN HAVE SIGNIFICANT LEG VEIN PROBLEMS.²

THE BENEFITS OF COMPRESSION ARE UPLIFTING

HOW COMPRESSION GARMENTS PROVIDE CONTROL OF YOUR CARE AND A RANGE OF BENEFITS.

- ✓ Reduce swelling
- ✓ Improve blood flow
- ✓ Manage symptoms of venous disease

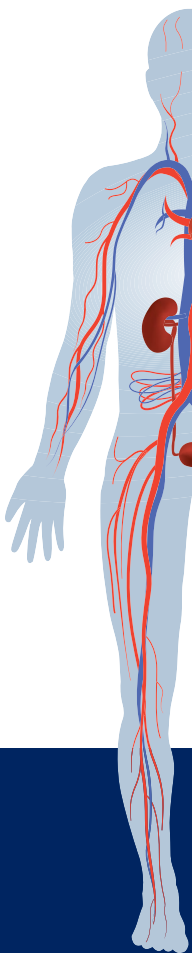


YOUR VASCULAR SYSTEM

The circulation of blood involves three major components: the heart, arteries, and veins.

The pumping action of the heart forces blood through the arteries and veins of your body.

Arteries are the vessels that carry blood from the heart to your body tissues. Veins return the blood back to your heart.



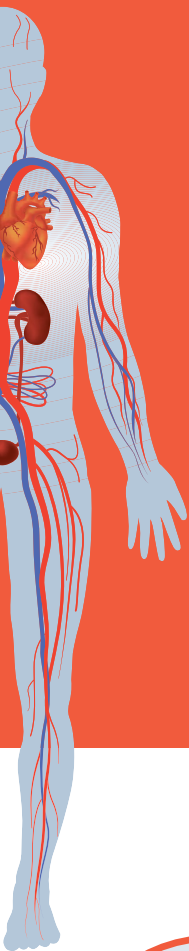
HOW YOUR VEINS AND VALVES WORK

Valves, located inside the veins, keep the blood flowing in one direction toward the heart.

Valves open to allow blood to return to the heart. They then close to prevent the blood from flowing backwards.

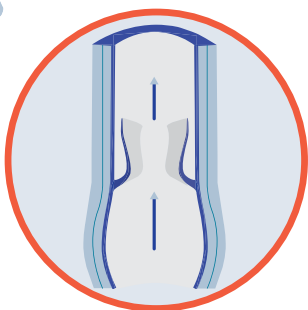
Vein Problems Can Be Serious

When a valve no longer closes properly, problems can develop. Weak or damaged valves can allow blood to flow backwards in the vein, creating pressure on the valves below. These valves can also weaken. The amount of blood returning to the heart is reduced and other complications can develop.

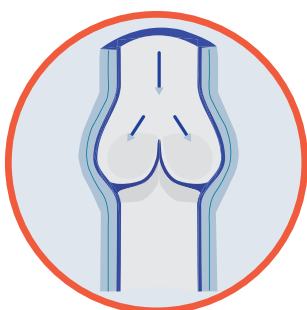


DID YOU KNOW ?

COMPRESSION STOCKINGS ASSIST IN THE MANAGEMENT OF VENOUS DISEASES AND TREATMENT OF VARICOSE VEINS BY HELPING TO IMPROVE BLOOD FLOW AND REDUCE SWELLING IN THE AFFECTED AREAS.



Valves open when muscles contract, allowing blood to return to the heart.



Valves close when muscles relax, preventing blood to flow backwards.

VENOUS DISORDERS DEFINED

Chronic Venous Insufficiency (CVI)

CVI results from damaged valves in the veins, causing blood to pool in the legs. Although there is no cure for this chronic condition, CVI can be effectively managed.

SYMPTOMS OF CVI INCLUDE:

- ✓ Inflammation and/or swelling of the leg
- ✓ Leg pain
- ✓ Varicose veins
- ✓ Discoloration of the skin
- ✓ Hardening of the skin or leg ulcers

Swelling

Swelling, also known as edema, occurs due to a buildup of fluid in the body's tissues. Prolonged swelling may be a sign of serious disease or Chronic Venous Insufficiency.

SYMPTOMS OF EDEMA INCLUDE:

- ✓ Enlarged ankles and calves
- ✓ Leg ache and discomfort
- ✓ Leg heaviness and fatigue
- ✓ Skin tightness

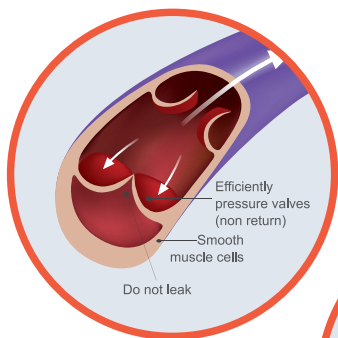
Varicose Veins

Varicose veins are caused by a backflow or pooling of blood in a damaged vein. They may also occur as a result of heredity or may develop during pregnancy.

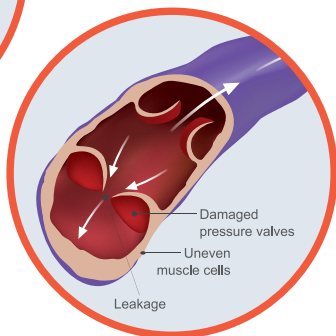
Spider veins are small, dilated vessels located close to the skin. They appear in a spidery or sunburst pattern.

SYMPTOMS OF EDEMA AND VARICOSE VEINS INCLUDE:

- ✓ Bulging veins
- ✓ Leg ache and discomfort
- ✓ Leg heaviness and fatigue
- ✓ Inflammation



Normal Veins



Varicose Veins

THREE WAYS TO DEFY GRAVITY AND MAINTAIN GOOD LEG HEALTH



ELEVATE

Elevate feet and legs

When resting, elevate your feet above your heart, keeping your knees bent slightly so as not to inhibit blood flow.

Avoid crossing your legs, since this interferes with circulation.



GET MOVING

Move your feet

When sitting or standing for long periods of time, especially during travel, wiggle your toes, flex your feet, or tighten your calf muscles help to improve blood flow.

Improve your circulation by starting a regimen of walking, swimming, or other aerobic activity.*



WEAR COMPRESSION

Wear JOBST® Gradient Compression LegWear**

Keep at least two pairs on hand - one to wear and one to wash.

Please check with your individual healthcare insurance carrier to see what your policy is regarding JOBST® Compression LegWear.

* Check with your doctor before starting any exercise program.

** Check with your doctor on which compression level is right for you.

³ veindirectory.org

CAUSES AND RISK FACTORS OF VENOUS DISORDERS³

- ✓ Heredity
- ✓ Lack of exercise
- ✓ Age
- ✓ Pregnancy
- ✓ Tight-fitting clothing
- ✓ High-heeled shoes
- ✓ Obesity



MOVE AHEAD WITH CONFIDENCE

Choosing the right JOBST®
product for your needs

Ready-to-Wear LegWear

Compression Needs

Medical LegWear	Medical
15-20 mmHg* (Moderate)	20-30 (F
✓ Tired, aching legs ✓ Minor varicose veins ✓ Minor ankle, leg and foot swelling ✓ Minor varicose veins during pregnancy	✓ Moderate to - veins ✓ Moderate sw ✓ Moderate to - veins during ✓ Post-sclerot ✓ Post-surgica

Contraindications

Do not wear compression legwear if you have any of the following conditions:

- Ischemia (e.g., advanced arterial disease)
- Uncontrolled congestive heart failure
- Untreated septic phlebitis
- Phlegmasia cerulea dolens
- Incompatibility to fabric

* The mean compression for an average ankle size.
Please refer to the product label and/or package insert for full instructions on the safe use of these products.



**Ready-to-Wear
Compression Therapy
products help manage
vein-related disorders.**

LegWear	Medical LegWear
0 mmHg* (Firm)	30-40 mmHg* (Extra Firm)
Severe varicose	✓ Severe varicose veins
Swelling/edema	✓ Severe swelling/edema, lymphatic edema
Severe varicose pregnancy	✓ Chronic venous insufficiency (CVI)
Therapy	✓ Post-sclerotherapy
Al	✓ Post-surgical

Cautions

Consult your physician for advice if you are or have any of the following:

- Skin infections
- Weeping dermatoses
- Advanced peripheral neuropathy
- Severely compromised skin
- Sensibility and impaired sensitivity of the limb
- Immobility (confinement to bed)
- Conditions in which increased venous and lymphatic return is not desired

STEP IN. STEP UP. STEP OUT.

Compression therapy
for every need

JOBST® UltraSheer

Fashionable appearance with therapeutic efficacy.
Available in Knee High, Thigh High, and Waist High.



15-20 mmHg*

20-30 mmHg*

30-40 mmHg*

JOBST® Opaque

Soft, fashionable, and breathable. Available in Knee High, Thigh High, and Waist High.



15-20 mmHg*

20-30 mmHg*

30-40 mmHg*

JOBST® forMen

Therapeutic effectiveness in a classic, comfortable, dress
sock design. Available in Knee High and Thigh High.



15-20 mmHg*

20-30 mmHg*

30-40 mmHg*



JOBST® Style

JOBST® Casual Pattern socks are soft, breathable, and feature an Argyle pattern in three fun colors.



preppy pink



ocean blue



gunmetal grey



15-20 mmHg*

20-30 mmHg*

30-40 mmHg*



JOBST® Sport

The perfect combination of athletic styling and therapeutic gradient compression therapy. Ideal for any sporting activity.



white/grey



black/grey



royal/grey



black/
cool black



pink/grey



15-20 mmHg*

20-30 mmHg*



JOBST® ActiveWear

Cushioned compression sock with excellent moisture management and extraordinary softness. Available in Knee High.



cool black



cool white



steel grey



15-20 mmHg*

20-30 mmHg*

30-40 mmHg*



JOBST® Relief®

JOBST® quality, versatility, and efficacy at a moderate price. Available in Regular, Petite, Knee High, Thigh High, Waist High, and Chap.



beige



black



15-20 mmHg*

20-30 mmHg*

30-40 mmHg*



VISIT JOBST-USA.COM FOR ALL PRODUCTS



Unisex



SoftFit

* The mean compression for an average ankle size.

TO GIVE YOU A HAND WITH YOUR FOOT CARE...

JOBST® Application Aids make
compression therapy easier

JOBST® Donning Gloves*

Helps create friction and provide
grip to evenly distribute fabric
on the leg.



Dycem® Non-Slip Material

Improves grip and provides stability to
help put on a JOBST® garment.



* Caution: The product contains natural rubber latex which may
cause allergic reactions.

DID YOU KNOW ?

**DONNING ACCESSORIES MAKE
YOUR GARMENT EASIER TO
APPLY. REGULAR WEARING OF THE
GARMENT CAN CONTRIBUTE TO A
BETTER TREATMENT OUTCOME.**

Arion Magnide® 2in1

For putting ON and taking OFF
compression garments.



Arion Easy-Slide

For putting ON compression garments.



JOBST® offers a full portfolio of donning
and doffing aids for legs, arms, prosthetic
limbs, and pediatric sizes.

**Visit jobst-usa.com for full
product selection**

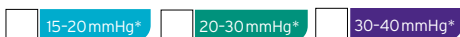
**Scan here to view
Arion product
demonstration videos:**





Product:

Style: ☐ Knee High ☐ Thigh High ☐ Waist High ☐ Chap



Keep Your Legs Healthy with JOBST® Compression Medical Legwear.

If you are 65 or older and have a diagnosis of Lymphedema, ask your retailer if you qualify for benefits under the Lymphedema Treatment Act!

*The mean compression for an average ankle size.