

Total points: 8 to 9

You need to do something for your veins because your legs are at risk. By doing the right things you can relieve your legs and avoid the development of a pronounced venous disorder. You can make life easier for your legs simply by getting more exercise, not wearing tight clothing and, if necessary, wearing Juzo medical compression stockings. It is essential that you speak to your physician before undertaking a long-haul flight or a long bus or car trip. You are at increased risk of developing a deep vein thrombosis while travelling. When a thrombosis is present, the affected leg often swells up and becomes painful. Not everyone experiences these symptoms, however. Should you experience other symptoms such as shortness of breath after a long trip, please consult your physician.

Total points: 10 or more

You should take your symptoms seriously and do something about your venous health. Speak to your physician about your symptoms. He/She will know how you can best protect your legs. Sometimes preventative measures such as increased exercise, a healthy diet and/or wearing Juzo medical compression stockings are sufficient to ensure your symptoms do not worsen. By taking precautions now, you can ensure your legs will be able to carry you for miles tomorrow too! Take this questionnaire with you to your next medical consultation.

A self-test cannot replace a medical consultation or an examination of your veins. If you are experiencing venous health problems, please speak to your physician.

This venous health questionnaire was produced with the assistance of MDPH Klaus Schrader. He is a specialist in General Medicine and Phlebology at the Vascular Center in Hof (Germany).

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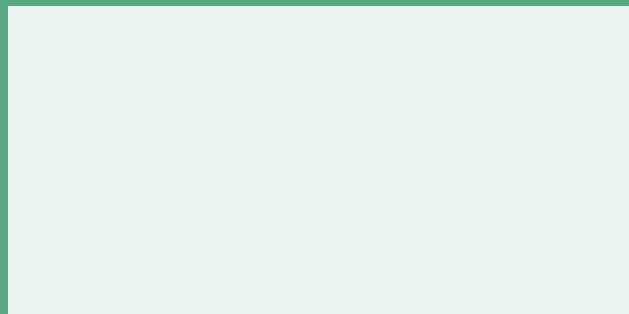
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HOW FIT ARE YOUR LEGS?

Venous health self-test

Presented by:



VENOUS HEALTH SELF-TEST

3-minute test for healthy legs

Read the following statements and select either Yes or No. You will find an evaluation of your responses on the next page. Please present the results of this self-test to your physician.

1. Do you have heavy or tired legs in the evening or after long periods of standing, a feeling of tension in the legs, or night-time cramps in the calves? Yes No
2. Do venous disorders (e.g. varicose veins) occur frequently in your family? Yes No
3. Are you female and have a genetic predisposition to connective tissue weakness (cellulitis)? Yes No
4. Are you overweight and over 40 years of age? Yes No
5. Does your work require you to sit or stand for long periods of time? Yes No
6. Are you more of a homebody type, who doesn't exercise much and enjoys a good feast? Yes No
7. Do you have spider veins or varicose veins? Yes No
8. Do you take any hormone medications (pill, menopause treatment) or are you pregnant? Yes No
9. Do you often wear high-heeled shoes or tight clothing? Yes No
10. Are your legs sometimes swollen, in particular in the evening? Yes No
11. Have you ever had phlebitis of the leg? Yes No

12. Do you currently have any inflammation or painful red areas on the legs? Yes No
13. Do you experience any pain in the foot or calf when walking? Yes No
14. Does the circumference of your legs differ? Yes No
15. Have you ever had an open leg or a thrombosis (blocked vessel)? Yes No
16. Have you every had a pulmonary embolism (blocked vessel in the lungs)? Yes No
17. Have you observed any change in your skin at the ankle or in the lower leg, has it become dry or scaly? Yes No

Evaluation:

Allocation of points for Yes answers

Question 1 = 5 points	Question 7 = 5 points	Question 13 = 10 points
Question 2 = 1 point	Question 8 = 10 points	Question 14 = 10 points
Question 3 = 1 point	Question 9 = 1 point	Question 15 = 10 points
Question 4 = 1 point	Question 10 = 5 points	Question 16 = 10 points
Question 5 = 1 point	Question 11 = 5 points	Question 17 = 5 points
Question 6 = 1 point	Question 12 = 5 points	

Total

Total points: 0 to 1

Congratulations! Your legs are as fit as you are.

Thanks to your healthy lifestyle there is no need for you to be concerned about your veins at the present time, unless you notice any unexpected changes in your legs or they suddenly begin to hurt.

Total points: 2 to 3

There might be a slightly elevated risk in your case. Pay attention to your lifestyle and avoid any factors that might have a negative impact on you. Any changes in hormone levels in the body, for example when taking a contraceptive or during pregnancy, can impact on the flow properties and clotting ability of the blood. There is no acute risk of venous complaints at present, however you should take measures to prevent them. Before undertaking a long haul flight, we recommend that you wear Juzo compression stockings as a precautionary measure. Please speak to your physician.

Total points: 4 to 7

Help maintain the health of your legs by leading an active lifestyle and getting adequate exercise. You may have a slightly elevated risk of venous complaints.

Phlebitis of the leg is always accompanied by a superficial thrombosis. If you also have spider veins and perhaps even varicose veins, this is a sign of disturbed venous circulation. You can help prevent these symptoms from worsening by getting lots of exercise, eating healthily, and wearing Juzo compression stockings on a regular basis.