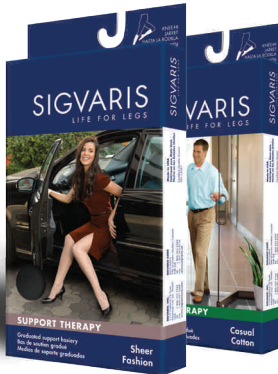


Product Selection Guide

SIGVARIS offers a wide range of stockings designed to promote healthy legs during travel. Our socks and stockings are available in many fashionable colors and styles.

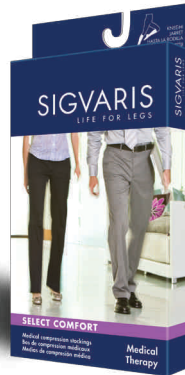
Support Therapy (OTC) For prevention and heavy, tired legs: 15-20 mmHg

The SIGVARIS Support Therapy Collection is a line of over-the-counter socks, calf-length, thigh-hi, pantyhose and maternity pantyhose available at your local dealer.



Medical Therapy (Prescription) For mild, moderate, and more severe symptoms: 20-30, 30-40, 40-50, 50-60 mmHg

The SIGVARIS Medical Therapy Collection offers many styles, including calf-length, thigh-hi, pantyhose and maternity pantyhose which are ideal for prevention and management of various levels of venous conditions.



Consult your physician to obtain a prescription for the appropriate SIGVARIS product and compression strength for your condition. Then take your prescription to your local dealer, where a SIGVARIS Certified Fitter will take the appropriate measurements to ensure a proper fit of your SIGVARIS garment, as well as instruct proper donning and care techniques.

SIGVARIS Washing Solution The perfect traveling companion

Keep your SIGVARIS socks and stockings clean when you are on the road with our travel-friendly 2 oz. size Washing Solution. It is also ideal for fine washables and meets airport security restrictions for liquids.



The SIGVARIS Difference

- The SIGVARIS Medical Therapy Collection is designed according to our unique Precise Fit Sizing™ System to ensure correct fit and accurate compression, for optimum therapeutic results and user compliance
- The SIGVARIS Support Therapy Collection is designed with controlled graduated compression and can be purchased without a prescription
- The use of double-covered premium yarns provides superior wearing comfort, durability and easy donning
- Two-way stretch construction to facilitate application over the instep and the heel
- Fashionable product lines to meet different lifestyle needs of travelers



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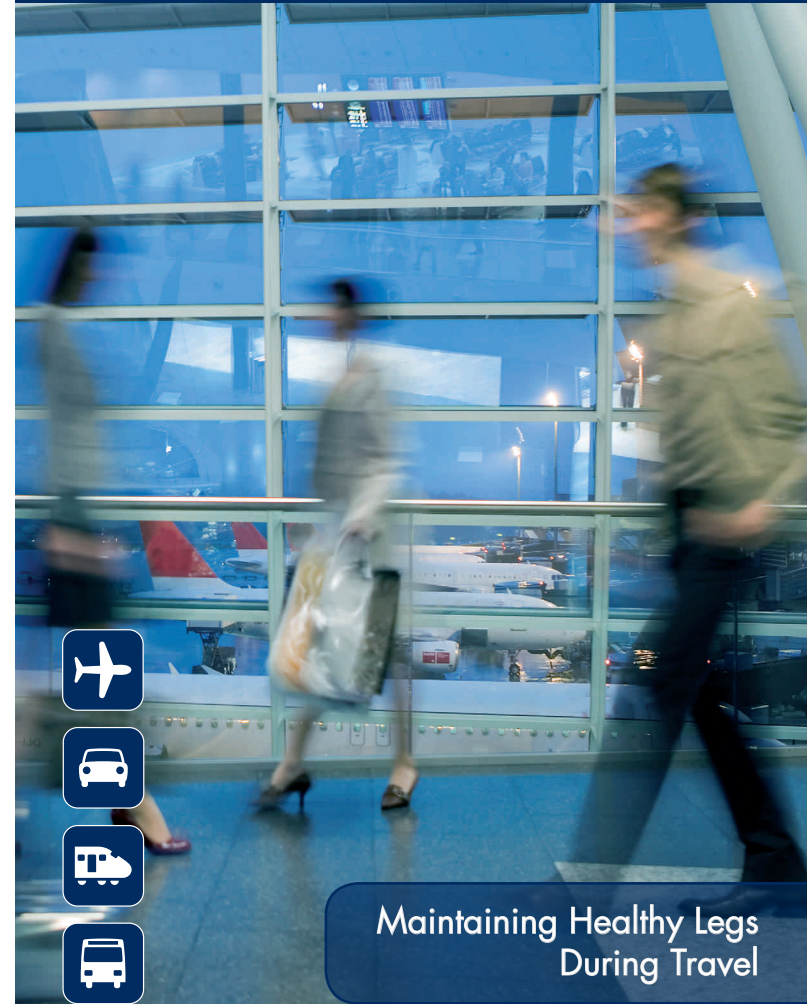
For a certified SIGVARIS dealer near you, please visit
www.sigvarisusa.com www.sigvaris.ca

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SIGVARIS

LIFE FOR LEGS



Maintaining Healthy Legs
During Travel

Helping Legs on the Move!

As more people travel long distances by air and car, the problem of travel-related leg discomfort is on the rise. That's because during travel, blood circulation within the legs is reduced while your movement is constrained. Lack of movement can cause many common symptoms such as heavy, fatigued, tired legs, leg pain, or swollen feet and ankles. Prolonged sitting is also a risk factor for the development of thrombosis (blood clot formation). In some cases, blood clots can migrate to the lungs, resulting in a pulmonary embolism.

The risk of deep vein thrombosis [DVT] applies to any type of long distance travel that involves long periods of sitting, such as plane, car, train or bus. According to a recent British study, "all forms of transport involving a journey of 4 hours or more led to an increase in the risk of blood clots forming in the veins of the legs."¹

One effective way to increase leg and foot comfort during long distance travel is by wearing graduated compression socks. High quality compression socks and stockings prevents many symptoms like swelling, and helps reduce the risk of developing deep vein thrombosis (DVT).



¹ Advice on travel-related DVT.
Yuet Wan. 2007. British Department of Health. 12 March 2007
< http://www.dh.gov.uk/en/PublicHealth/HealthProtection/BloodSafety/DVT/DH_4123480 >

5 Tips to Keep Your Legs Feeling Great When Traveling

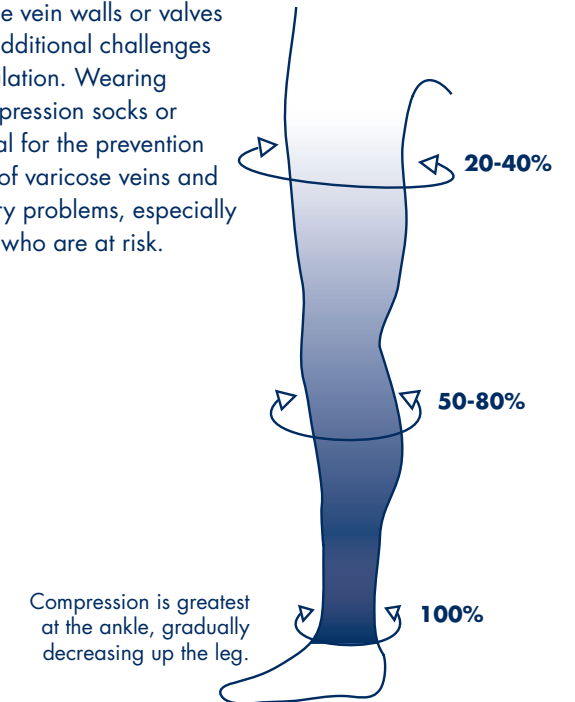
- 1** *Wear SIGVARIS support or medical compression socks or stockings.* Wearing graduated compression stockings increases leg and foot comfort and helps prevent flight-related DVT.
- 2** *Keep moving your feet.* Foot exercises make the calf muscles work and help to pump blood back up to the heart.
- 3** *Avoid periods of prolonged inactivity.* As often as possible, exercise your legs. In a plane, walk the aisle; in a car, make regular rest stops to stretch your legs.
- 4** *Drink plenty of fluids.* While traveling, replace fluid loss with healthy beverages to avoid dehydration. Avoid alcohol.
- 5** *Consult your doctor.* Ask your family physician for information regarding the prevention of DVTs and other venous problems.

Why Graduated Compression Works

Compression therapy is the application of external pressure to the limb to reduce venous pressure within the limb. Wearing graduated socks or stockings will support your veins and increase circulation, reducing swelling and the feeling of tired, achy legs. To be most effective, the socks or stockings should be put on at the start of your day and removed before you go to bed.

Remember, the heart pumps blood against gravity up the veins of the legs. As a person walks, the contraction and relaxation of the calf muscles around the veins are necessary to help move blood toward the heart.

Some people have an inherited weakness of the vein walls or valves which create additional challenges to venous circulation. Wearing SIGVARIS compression socks or stockings is vital for the prevention and treatment of varicose veins and other circulatory problems, especially for individuals who are at risk.



All SIGVARIS socks & stockings are recommended for travel