l want compression stockings

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I want compression stockings

a motivating view on therapy with elastic compression stockings

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It's a shame they have such a bad reputation. It really is unjustified.

1. Do I want compression stockings?

No, I don't want compression stockings. But the doctor says it's necessary. You really don't want them, though, do you? They are understandable because compression: Compression Stockings. They improve blood circulation and contribute to your mobility, reduce pain and help you recover from inflammation, constipation and many other diseases. Your quality of life can improve tremendously once you start wearing them. Compression stockings help you live a healthy and mobile life. It's a shame they have such a bad reputation. It really is unjustified.

Let us introduce you to these stockings. Their official name is "Elastic Compression Stockings" (ECS*). And by this we mean the stockings that a medical doctor (MD*) prescribes for you. These stockings are ingeniously designed and will help you stay as healthy as possible. To understand that, let's first get a little context.

2. Walking on two legs

To better understand our own legs, we need to go back four million years. At that time, the first apes slowly but surely started walking upright. That brought all sorts of benefits to these primates. This allowed them to look further than others and to see enemies approach earlier and they found their food easier as well. In addition, they had their hands free on their journeys so they could carry food back with them. In the bright sun, their bodies warmed less quickly. Their arms and legs were then all equally long and strong. While other mammals kept moving on their hands and feet, the upright man gradually developed stronger legs than arms.

The fact that we walk upright has meant a lot to our success as a species. But it has also had consequences for our bodies. One such consequence is that our legs have gotten much heavier. This is because they need to be strong to carry our whole weight. To constantly lift everything, they need a lot of oxygen and nutrients. To constantly lift everything, the legs need a lot of oxygen.





The heart easily pumps the blood through the main arteries to the lower legs. But, all that blood has to go back UD.

3. Blood circulation

Walking upright comes with a high evolutionary price. This is because by standing upright, greater forces act on our blood circulation. Because of gravity, our blood would like to go down. So, the heart easily pumps the blood through the main arteries* to the lower legs. But, all that blood has to go back up. And this time not through the main arteries but through the smaller, common veins*. And pumping so much blood back up through the body takes energy. The heart can only pump the blood forward and not suck it back up. So, the heart is really a just a pump.

Our body has come up with something to help get the blood back up. We have veins running next to, and even through, our calves. These calf muscles* contract with every step, pushing the blood upwards. So the squeezing calf muscles act like a pump. This is how the calf pumps the blood back up 'step by step'. As you walk or move, your two calves are like little heart helpers.

4. Venous valves

The veins have another trick: valves. These are thin membranes in the vein that prevent the blood from going down once it is on its way up. Together with the pumping calf, this works perfectly. The blood vessels push the blood in the legs back up at each step, while the valves prevent it from flowing back.

All this is very clever, but it does depend on you moving your legs. When you stand still, the calves don't move, the muscles don't contract and the blood stays low. And because these valves do not cooperate without moving calves, the entire upward flow comes to a virtual standstill. You can imagine how the pressure in the veins then increases considerably. In fact, the veins get a little thicker. And if that lasts a long time, then fluid develops in the legs. This is called edema*. That's why you have to keep moving. It is especially important to take a walk; so, get moving.

There is a whole collection of conditions and diseases that arise because the pressure in your legs increases. The vessels may bulge, the valves may leak, the blood may stop flowing locally and clots may occur. Or there will be inflammation. These are all complaints that we might be able to prevent. There is a whole collection of conditions and diseases that arise because the pressure in your legs increases.





Ötzi wore leg protectors made of goat leather. They were tight-fitting around the upper and lower legs.

5. Ancient bandages

Do you know Ötzi? The man whose remains were found in the Italian Alps? He lived more than 5,000 years ago and was about 45 years old. That was pretty old back then. Nevertheless, Ötzi – as has been scientifically reconstructed – often travelled through the mountains. He sometimes stayed around the mountain peaks for days. What is also very special: Ötzi wore leg protectors made of goat leather. They were tight-fitting around the upper and lower legs. Of course, these were not therapeutic compression stockings, but they were pretty similar.

More than 2,000 years ago, the Greek Hippocrates also used bandages* to treat his weak legs. So, humans have known for a long time that legs sometimes need support. Since the beginning of mankind, people have bound their legs to help their blood circulation. Some problems with legs are age old, and bandages have been the solution. They still are today.

6. What about giraffes?

The wife of American engineer Frank Shaw suffered from painful, swollen legs. "This is due to standing for a long time," said the doctor, who could do little about it. "Your blood does not easily flow back to your heart, at more than a meter in height. We call that swelling edema."

It was 1970 when Frank visited the San Diego Zoo to take a look at the giraffes. "Look. These giraffes stand still all day, and their hearts are almost 3 meters off the ground. Do they also have edema?" Frank asked the caretakers if there were any giraffes with swollen legs, but that complaint was unknown. Is the skin of giraffes different from that of humans? Yes, it is. The skin on a giraffe's leg is tough and unstretched. Such a tight protective sheath gives the blood no choice but to flow back upwards. With that in mind, Frank made his wife two tight corsets for her lower legs. And when she wore it, she didn't have the swelling and she didn't have as much pain. Frank then started the production of the first support corsets for the lower legs, which became popular among edema patients, especially in the Netherlands. And we now know that giraffes wear their own natural compression stockings. Giraffes wear their own natural compression stockings.



By wrapping the leg with a tight pressure bandage, you help the excess fluid to flow back.

7. Modern bandages

If you get thicker legs in a short period of time, then urgent action is required. You may need medication. And the fastest way to get this swelling under control is by putting the legs up or by bandaging them. By wrapping the leg with a tight pressure bandage, you help the excess fluid to flow back. Only after the fluid has begun to go away can you switch to the support of compression stockings.

Keep in mind that the bandaging requires professional expertise and skill. So, if you're good at bandaging, you deserve a lot of credit. The pressure must be just right. Too much pressure traps the blood flow and causes irreparable damage to the tissues in the leg. If the bandage does not have enough tension, it does not work, and the leg remains thick. In addition, the pressure must also decrease from bottom to top in order to prevent clotting. All of these points have been taken into account in the production of compression stockings so that you can wear them every day.

8. The best solution

Vascular problems in the legs are common. Vascular doctors and dermatologists have developed many things including medication, surgery, and pain relief to remedy these conditions or make them tolerable. But the most effective means is the compression stocking. Such a stocking presses on the skin of the leg. And that pressure goes into deeper tissues. In this way, the stocking fights against bulging of the vessels that must return the blood to the heart.

So whether the vessels are on the skin surface or much deeper, the ECS is a great solution. Due to the pressure of the stocking, the flow of blood is somewhat smoother and the risk of inflammation and blockages decreases. Such stockings can even be worn preventively by people who have to stand still for hours for their profession, such as teachers, caterers, shop staff, surgeons, and hairdressers. Standing still for a long time is very stressful for the blood circulation in the lower legs. Even professional athletes wear compression stockings to improve their performance. Due to the pressure of the stocking, the flow of blood is somewhat smoother and the risk of inflammation and blockages decreases.





In the evening and at night, your legs lie horizontally so that gravity does not increase the pressure in the veins.

9. Compression helps

The therapy with compression stockings is fairly simple. In the evening and at night, your legs lie horizontally so that gravity does not increase the pressure in the veins. Your heart then allows the blood flow to circulate quietly and does not need any help with that. That's why you always take your stockings off in bed. Then, in the morning when you walk or sit down again, you put the stockings back on. Compression stockings will help the blood to circulate more smoothly.

Compression stockings are the best solution for a whole range of medical problems. But that only works if you put these stockings on and off daily. Above all, to get the benefits from the stockings, you need to wear them. Unfortunately, there are many people who have a lot of difficulty putting on such tight stockings themselves. And it can also be hard to find someone who is willing to help with this every morning when you get dressed. So as it turns out, we have the perfect therapy available, but for many it is simply unworkable. It's like someone's trying to give you a painkiller that you can't possibly swallow. Fortunately, we are now able to solve the problem of putting on compression stockings.



10. What do the stockings actually do?

What happens in your leg once you put on the correct compression stockings prescribed by the MD? The tissues in your leg are compressed and everything gets going. Your vessels start doing their job better because of this compression and drain the deoxygenated blood as they should. This makes it easier for the oxygen-rich blood to flow in again. That is a blessing for your legs, because with more oxygen, damaged tissue will recover better and faster. Waste and accumulated fluid are then also disposed of more smoothly. And your skin itself also gets more rest from the support of the stockings. That's exactly what your legs need.

At first, wearing such tight stockings can feel uncomfortable. But when you think of the benefits to your legs, that can be very motivating. And after a few weeks of wearing the stockings, you will get used to them of course. You may almost forget you're wearing them. after a few weeks of wearing the stockings, you will get used to them of course. You may almost forget you're wearing them.







There is no need for you as a patient to dive into the world of compression stockings because the MD already has that knowledge.

11. The medical doctor

Only a medical doctor (MD) can judge which stocking will help with your personal complaints. A trained MD knows how to make the right choice between the many types of therapeutic stockings available.

If you are looking for compression stockings by yourself, it is unlikely that you will be able to figure out which stockings belong to your condition. For example, there are stores that offer stockings under the names 'consumer stockings' or 'over-the-counter (OTC)' stockings in the same beige color as ECS, but the pressure that these stockings exert on your leg is very slight. Such knee socks only work against tired legs, provided they are healthy. They don't work as a treatment for vascular diseases. For this, you need real Elastic Compression Stockings (ECS), and your MD will know exactly which one will work for you.

There is no need for you as a patient to dive into the world of compression stockings because the MD already has that knowledge. He or she knows all about the unbelievably large range of compression stockings available.



12. I have them!

When you have received your new compression stockings, you should wear them immediately and all day long. The best thing to do is to walk with them as much as possible. They will also do their job while you are standing and sitting. When your legs are horizontal, such as when you are in bed, the stockings must be removed. The next day, immediately after showering, you should put the stockings back on. Remember: the pressure in the arteries around the ankles is seven times higher when you are standing upright than when you are lying down. If you wait too long, the lower legs may already become thicker and then putting the stockings on becomes more difficult.

To keep your compression stockings in good shape, it is important to wash them after every time you wear them. With two pairs of stockings, this can be done in turn. Washing them regularly is important because compression stockings keep their tension by washing them by hand at 30°C. In this way, their elasticity remains just right. To keep your compression stockings in good shape, it is important to wash them after every time you wear them.





13. Recognizing varicose veins

First, a little information about the risks of getting varicose veins*. If varicose veins are common in your family, you have an increased risk of getting them as well. Women have a slightly higher chance than men. You can also consider whether you stand still more often than you walk. Standing professions are more at risk.

Obesity is also a serious factor that hinders the return of blood. If any of these factors apply to you, then it is a good idea to be vigilant about any complaints you may have with the lower legs. Maybe your legs feel heavy, tired or warm. Your lower legs may itch and you might experience a feeling of tension. Some people feel cramps or a pulling or stabbing pain in the calf. Sometimes vibrations can be felt in the legs. Even if varicose veins are not always visible, you can still suffer from them. If you have had varicose veins for a long time, you will experience accumulating fluid around the ankles and lower legs. Especially at the end of the day. Sometimes you see rashes, discoloration or hardening of the skin. This could indicate an inflammation. If you have these kinds of symptoms, you should go to a dermatologist.

words marked with an * appear in the glossary



14. Preventing deterioration

Varicose veins are often not a problem. But if the symptoms develop, inflammation can occur, and that can feel uncomfortable. Your body will then need to deal with the increased pressure in your lower legs. The tissues in your legs are in danger and react with inflammation. If you don't treat this, over time it could lead to an open wound. A so-called 'open leg'. And an open leg heals painfully slowly, or not at all. With such a wound, you can no longer wear normal compression stockings and so you are forced to lie down as much as possible with your legs up. That way, you can no longer use your calves at all and someone has to come and help you. That's how an open leg ruins your quality of life. Timely treatment of worsening varicose veins is therefore very important. So don't delay therapy with your compression stockings.

Timely treatment of worsening varicose veins is therefore very important.





A congestion of clotted blood like this is called a thrombosis.

15. Blockages

If your blood does not flow back smoothly enough, there is another danger lurking. In some parts of your vessels, for example at the valves, the blood may get stuck for a long time. If that happens then you can get a blood clot. As that little clot grows, your blood vessel gets clogged. That is bad news. A congestion of clotted blood like this is called a thrombosis*.

How can that happen? Prolonged sitting is still a factor, especially for people with weak blood circulation, or who are overweight or smokers. A dangerous situation could arise in an aircraft because you do not use your calf muscles there for a long time, for example, during a flight to a distant country. Women who take the contraceptive pill are particularly at risk. And once you get a clot like that, you're not done. If the clot comes loose, you're in immediate danger because it can cause a blockage in other blood vessels. And in the long term, this situation can also cause an open leg.

16. Risk of Thrombosis

Do you remember Ötzi; the ancient man who loved to walk around the summits of the Alps? The air pressure is low there. And in an airplane, even at 10 km altitude, the pressure in the cabin is low. But in your body, the pressure doesn't go down that fast. So a long flight is pretty tricky for your legs. You can help your legs by putting on compression stockings. You can easily order these types on compression stockings online in advance, in the right size. This reduces the chance of developing a clot in your bloodstream.

Being in a plane for a long time is unnatural anyway, even if you don't have any vascular problems. To prevent thrombosis during such a flight, you should move your calves frequently and vigorously so that your blood continues to flow into your legs. If there is not enough space to stretch your legs, walk back and forth regularly.



Being in a plane for a long time is unnatural anyway, even if you don't have any vascular problems.



Fortunately, you don't have to choose which stocking is best for you. As mentioned earlier, this is what an MD can do for you.

17. Stocking types and sizes

There are all kinds of compression stockings. Stockings up to the knee, up to the groin, stockings with open toes or with closed feet, different compressive strengths, with or without seam, with or without non-slip edge, in different colors and in different thicknesses. You can hardly imagine all the stockings that are available from all the different suppliers.

Fortunately, you don't have to choose which stocking is best for you. As mentioned earlier, this is what an MD can do for you. They will make an appointment with you after you have visited a dermatologist or vascular specialist. The MD will figure out what kind of stocking you need. Bear in mind, a stocking that works well rarely goes on and off easily. So the MD will also check how you put on and take off the stockings every day. Some people can do this on their own. But for many patients who use therapeutic compression stockings, this is not something they can do on their own. As a result, this can considerably restrict their independence.

18. Ingenious fabrics

The fact that there are so many types of compression stockings is due to the constant development of new techniques, weaving methods and materials. Even if you don't need to know everything about it, they are interesting materials. Compression stockings consist of an ingenious knit of elastic yarns. The knit is woven in such a way that the stocking gives pressure in two directions: in the length and width direction of your leg.

The most common form is the knee sock (with or without open toes). But there are also socks that go all the way up to your groin. And there are even tights with the two legs bound together. Besides all the kinds of stockings for legs, there are also stockings for arms. In short, compression therapy* takes many forms. You are not the only user in your country. E.g., about 400,000 people wear them in the Netherlands alone. The stockings are categorized in classes based on the amount of pressure they offer. Class 2 stockings are the most commonly used stockings, with relatively light pressure. The stockings with higher pressure fall into classes 3 and 4. What about Class 1? They're for people with no medical history, such as athletes, people who have to stand a lot for their work, or for people to wear during long flights. The MD will know exactly which class you need. You are not the only user in your country. E.g., about 400,000 people wear them in the Netherlands alone.



A knee-length stocking requires four kilometers of yarn, yet it only takes the knitting machine a few minutes to make it.

19. Production of stockings

Therapeutic compression stockings are knitted mechanically with elastic yarns. The manufacturers have developed two systems for this.

In the first system, the stocking is knitted in a tubular fashion, immediately fitting around the foot and calf. Such a stocking has no seam and is worked with a fixed number of needles. The machine allows the mesh to be knitted a little larger in places where the foot or leg requires more space. A kneelength stocking requires four kilometers of yarn, yet it only takes the knitting machine a few minutes to make it. These stockings are called circular knit stockings.

The other system starts by knitting a piece of elastic textile with the mesh the same size throughout the material. This piece of material is then made into a stocking. The stocking has a seam that runs over the calf. These 'flat knit stockings' are more often used for larger leg and calf sizes or in cases of unusual anatomical proportions. Most stockings are equipped with a non-slip edge and a silicone band to prevent sagging.

20. Wearing them every day

Imagine, every day, putting on these troublesome stockings. Also on weekends and every holiday. In the Netherlands, there is a large group of people who struggle with this every morning. Many people have someone to help them with this. But a partner or informal caregiver can sometimes be ill or unavailable. And even going one day without the stockings can cause the pressure in the legs to rise sharply causing the tissue to get damaged or the inflammation to increase again. This in turn will almost certainly negatively affect the motivation to take the whole therapy seriously again the next day. Once this disagreeable task starts being neglected, your legs will continue to deteriorate.

For example, 130,000 Dutch people suffer an open leg each year. This is a wound that heals badly or not at all and often reopens again. The main cause of an open leg is that this clever ECS therapy is simply unworkable.

Once this disagreeable task starts being neglected, your legs will continue to deteriorate.





21. An open leg

All healthcare professionals want to avoid one thing at all costs; an open leg. This is an open wound somewhere on your lower leg which is difficult to treat and as a result severely limits the quality of your life. Such open wounds arise for various reasons. Usually because the veins in your lower legs do not withstand prolonged accumulation of fluid. As a result – as you have already read in this booklet – clots or varicose veins arise, and inflammations arise again from them.

People with diabetes or high blood pressure are at additional risk of this deterioration. But the factor that accelerates the decline the most is sitting still. If you have little exercise, you run the greatest risk. And that's why exercise is so good. Both walking and cycling help to remove all excess moisture from your lower legs. And even putting your legs up at rest helps with this.

22. Walking and cycling

Walking is the best thing for your legs. So walk as much as you can. If you're not used to it, it may require a big change in your routine. If you mention your lack of exercise to your general practitioner*, they can advise you on what you can do to start exercising. For example, you could become a member of a walking club in your area. This is a nice way to walk small distances with regularity and in a pleasant way. There are also cycling clubs that usually choose a light route every week. Maybe one of your neighbors has a dog that you can walk once in a while. Or you could walk around the neighborhood for a little while each day.

And then there are some daily habits that you might be able to adjust. For example, you could choose to take the stairs instead of the lift. Some people walk around the room while they are on the phone. Every step you take means a lot. And every time your calves have to tighten, that greatly helps the blood flow to your lower legs.





It is important that you are dedicated to putting on and take off the stockings every day, really every day.

23. Dedication

As long as compression stockings have existed, inventors have been thinking about tools* that could help. Putting on the stockings is the hardest part. And that should be right after getting up and showering. Every day.

There are smooth plastic socks that you can put on beforehand so that the stocking glides more easily over your foot. For some people, that little help is enough. However, skill and strength are required to pull that plastic sock away. Various rods and retractor mechanisms have also been conceived, which help in a mechanical way when tightening. The force required to tighten the stocking is thus distributed more efficiently. But still, physical effort is always required.

With all this, it is important that you are dedicated to putting on and take off the stockings every day, really every day, without losing heart and without becoming out of breath from exertion.

24. Daily assistance

If there was a tool for compression stockings with which no force was required, that would be great. Every carpenter uses an electric screwdriver to put screws into the wall, yet in the Netherlands, 200,000 caregivers still put on compression stockings manually, using their own brute strength. This really should be better.

Harpert Wouters from Arnhem (NL) couldn't stand the fact that his father struggled with his compression stockings every day. So, Harpert collaborated with one of the best design agencies in the Netherlands to develop an electrical device, which cleverly and elegantly solved the problem of putting on these stockings. They called their invention the **HelpSoq**. Now, every morning a machine is ready to turn the most annoying job into an easy, daily routine. From dermatologist* to vascular surgeon, from occupational therapist* to orthopedist, everyone can see that the **HelpSoq** offers a complete solution. Finally, there is a tool that helps. The caregivers are also happy with it, because for them, there is now a professional tool that they can use. Just as no carpenter has had to use a hand drill for the last half a century, caregivers can now use an electric machine to help do their toughest job. Harpert Wouters couldn't stand the fact that his father struggled with his compression stockings every day.



With the HelpSoq, the burden on the caregiver is minimal.

25. The Home Nurse

A number of home care organizations have placed a **HelpSoq** device in all of their patients' homes. Because it's not a cheap device, this is a pretty generous gesture, both for the patient as well as for the nurse, who goes there every day to provide care. For professionals, helping to put on compression stockings is a tough task. This profession experiences heavy physical strain performing this task. And for the nurse, if you have to help multiple patients every morning with their stockings, and you are rushing from one patient to the next, it can lead to physical overload and absenteeism. But with some organizations, this daily job is history.

After placing the ECS on the **HelpSoq**, the machine rolls the entire stocking on an open ring. And after the ring with the rolled-up stocking has been removed from the device, it can be pushed over the leg – without any force – so that the stocking is immediately secure. It only takes a second to roll up and apply. With the **HelpSoq**, the burden on the caregiver is minimal. And the patient does not experience any pulling or pain.



26. Using the HelpSoq

Together with home care organisations, we have conducted research into the use of the **HelpSoq** because we want to get to know the practice well. In this way, we have been able to come up with recommendations for professional and informal caregivers. We also see that some people can use the **HelpSoq** independently so they can decide for themselves when to get up and take a shower, and don't have to wait for help or skip putting on their stockings for a day.

How do you work with the **HelpSoq** in a very practical and independent way? The **HelpSoq** is best given a permanent place in the room where you get dressed. Preferably, on a table. Because when the device is on a table, putting on the stocking is very easy. You don't need to bend down and you can put on both stockings within minutes, without brute strength and without any special skill. It is also fine to just keep it plugged in. If you always work with clean, washed stockings, the **HelpSoq** will not get dirty. If you want to clean it, a damp cloth with some soap is sufficient. Please do not use alcohol-based tissues. That's it. We also see that some people can use the HelpSoq independently so they can decide for themselves when to get up and take a shower.



Any necessary therapy must also be workable. So, every patient is entitled to a device that works for them.

27. Therapy

If you think about it, it is not right to send someone home with a pair of stockings that are difficult to deal with without offering a good solution for putting them on every day. Any necessary therapy must also be workable. So, every patient is entitled to a device that works for them. Experienced nurses still find almost all existing tools strenuous or impractical. The **HelpSoq** is the exception. This device makes it as easy as possible to put on compression stockings. It makes it painless and smooth for the caregiver as well as for the patient.

We hope we've motivated you to help your legs fight gravity by wearing your Therapeutic Elastic Compression stockings and by moving as much as possible. You will see that once you get into a daily routine of wearing your ECS and keeping the blood circulation in your legs as healthy as possible, you will be able to maintain a good quality of life. And if you find it hard to put on the stockings yourself, there is always a **HelpSoq** that will make the job a lot easier.



Useful tips and addresses

- Although there is no patient association for compression therapy, there are patient associations for specific conditions such as thrombosis or varicose veins. You can find a list of these organizations at helpsoq.com
- Reimbursement for your compression stockings are best discussed with your MD or general practitioner.
- Payment plans to buy your own HelpSoq machine can be found on the website at helpsoq.com
- Did you know that the best way to keep your compression stockings working is to regularly wash them in lukewarm water? It's the best way to keep their shape and it is also hygienic.
- **HelpSoq** has recently developed a handy step stool for people who can bend over. Keep an eye on our website to see when this stool is available.
- **HelpSoq** also provides a convenient carrying bag for users who want to take the **HelpSoq** with them on holiday.



Colophon

This booklet was published by the **HelpSoq** team who are committed to improving compression stocking therapy.

The text was written under the supervision of Prof. Dr. Martino Neumann, internationally recognized authority in the field of dermatosurgery, dermatooncology and phlebology and is written by Jean-Paul Toonen, copywriter.

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If you have any recommendations for our next edition, please do not hesitate to email us via the website. This booklet will be kept updated as much as possible and is also available online for everyone who wants to read and share it.

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Glossary of terms

When researching arterial diseases, the treatment, and Therapeutic Elastic Compression stockings, you will come across a number of strange words. Below is a short list to explain some of the most important words you may find and make reading easier.

*: Refers to the word where the explanation is given

Arteritis	Thrombophlebitis. Inflammation of the blood		
	vessel. Clot in a superficial vein* such as the		
	saphenous vein *. It is better to speak of a		
	superficial venous thrombosis*.		
Artery	Blood vessel that carries oxygenated blood from		
	the heart to the organs.		
Bandage	A piece of material (mostly cotton) with some, little,		
	or even no stretch capacity. A bandage is used to		
	apply compression.		

Calf muscles (pump) The natural way that the veins in the calf muscles are compressed and relaxed while walking, thereby pushing the blood and fluid from the lower leg to the heart. A very efficient mechanism that keeps legs healthy. Compression Squeeze or press. Medical treatment of arterial diseases involving **Compression therapy** something such as ECSs to exert pressure on the skin to penetrate into the deeper tissue and improve the blood flow of the veins. Dermatology Dermatology is a medical specialty that focuses on the diagnosis and treatment of skin diseases. A medical device with which the veins* and arteries* can be made visible. By combining ultrasound technique with a flow determination technique (Doppler), abnormalities in the vein blood flow can easily be determined. It is a diagnostic technique that is a prerequisite for treating these diseases. So, varicose vein patients will first undergo a duplex examination before treatment can take place.

Duplex



ECS	Elastic Compression Stockings (ECS) is	General practitioner	The general pra
	manufactured to exert compression on the leg (or		signals that you
	on the arm) for the treatment of arterial disease,		with the fluid a
	lymphatic disorders and other edemas.		They will assess
Edema	The accumulation of fluid in the tissue of ankles,		exam by a spec
	legs and arms, which does not disappear by itself.		be referred to a
	Edema is therefore undesirable and unhealthy.		compression st
	Diseases caused by malfunctioning veins often	MD	Medical Doctor
	begin with edema around the ankles, which		knowledge of c
	becomes increasingly visible over the course of the		also measures
	day.		you.
Endovenous	A technique in which something is introduced	Occupational therapist	An occupationa
	into the vein* through the skin via a needle. For		client so that th
	example, asclerosans * for the sclerosing* of a		as much as pos
	laser wire for the treatment of varicose veins.	Phleboloog	A doctor who d
EVLA	Endo Venous Laser Ablation. This is the best known		treatment of ar
	form of endovenous thermal treatment of varicose		dermatologist
	veins. By generating heat in the vein* using laser		European accre
	light, the varicose veins are switched off (sclerosed)	Radio frequency	In this treatme
	quickly and efficiently.	technique	placed in the ve

ractitioner is often the one who first our complaint has something to do and blood balance in your legs. as whether you need an additional cialist, or whether you need to a medical doctor to fit you for stockings*.

r. A certified caregiver with a compression therapy*. This person and determines the right ECS for

al therapist advises and trains the hey can carry out their daily activities ssible.

A doctor who deals with the diagnosis and treatment of arterial diseases. Usually a dermatologist or a vascular surgeon. There is also a European accredited training as a phlebologist. In this treatment of varicose veins, a catheter is placed in the vein to be treated. Radio-frequency energy seals the vein.

Sclerosant	An irritating fluid used in sclerosing varicose veins.	Saphenous vein	A vein that ru
Sclerosing	Spraying away varicose veins. By injecting irritating	magna	This vein bec
	liquid (sclerosans) into the varicose vein* and then		veins a varico
	applying compression therapy, the inner walls of		thermal treat
	the vein stick together, thus shutting it off.	Saphenous vein	A vein that ru
Short stretch bandage	The most commonly used bandage for compression	parva	pit. It mainta
	therapy* with bandages*. The material is not	Thrombophlebitis	Vein inflamm
	very elastic so that when walking the pressure	Thrombosis	Blood clot, us
	increases considerably while the pressure remains	Varicose vein	A dilated veir
	low at rest. This is the basis for the effectiveness		result.
	of this treatment. The elastic part ensures that the	Varix	Varicose vein
	bandage can still be properly applied.	Vein	Artery. Blood
Superficial venous	Superficial venous thrombosis is an inflammation		to the heart.
thrombosis	around a superficial blood vessel, usually in the		
	lower leg. This arteritis is caused by a blood clot.		
Tool	Users of Compression Stockings are helped by a		
	device that helps to put their compression socks		
	on. There are many tools but they all require skill		
	or strength, except for the HelpSoq.		

- uns from the inside ankle to the groin. comes the most common of all large cose vein. Very suitable for endovenous atment.
- uns from the outside ankle to the knee ains connection with the calf veins.
- nation.
- sually in a vein*.
- in that loses shape and function as a
- n*. Plural: varices
- l vessel returning deoxygenated blood





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