

Are you at risk?

Groups at risk for CVI

- By the age of 50, nearly 40% of women and 20% of men have significant leg vein problems¹
- Those with obesity or a sedentary lifestyle; those with vocations that involve long periods of sitting or standing; smoking
- Those with a family history of CVI or Deep Vein Thrombosis (DVT)

Signs and symptoms

- Varicose veins or spider veins
- Leg heaviness, aching, cramping and tiredness
- Pain in the legs during long periods of standing or sitting
- A poorly healing wound on the inside of the ankle
- Ankle and leg swelling
- Skin changes; especially tender, warm, reddish skin

1. Venous Disease Coalition. (2010, July 19). *Chronic venous insufficiency: what is it?*. Retrieved from <http://www.venousdiseasecoalition.org/diseaseinfo/cvi/>

My Appointment:

Date: _____

Time: _____

Place: _____

Phone: _____

Notes:



The American College of
FOOT & ANKLE ORTHOPEDICS
& MEDICINE



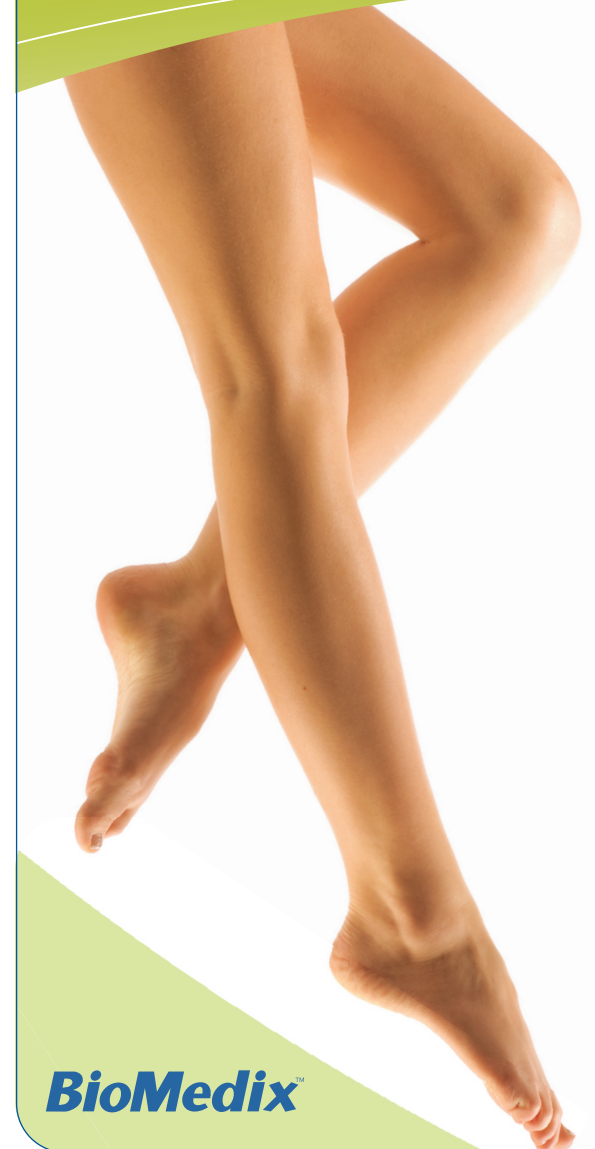
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PADnetTM+

CVI Exam

A study of your
lower limb veins

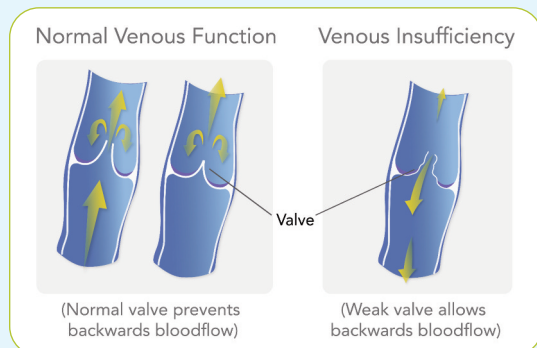


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CVI EXAM: A STUDY OF YOUR LOWER LIMB VEINS

What is CVI?

Chronic Venous Insufficiency (CVI) is a condition in which leg veins have problems sending blood back to the heart. When the one-way valves in legs are damaged, blood flows backwards.



What is PADnet™+?

A PADnet™+ Venous test can provide early detection of CVI, when treatment options are broadest (incorporating lifestyle changes as well as invasive and non-invasive therapy options). Using a probe, PADnet™+ measures venous refill time of the lower limbs. Because these volume changes are directly related to the amount of blood in the limb, this test helps to identify problems affecting venous circulation.

Before your test

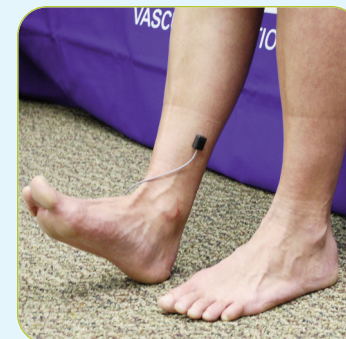
Getting ready for this test requires little effort. You will be asked to remove clothing that covers your lower legs, including your socks and shoes. You may bring shorts to wear. This test usually takes 5–10 minutes. Be sure to allow extra time to check in.

- Do not smoke or use tobacco 30 minutes prior to your PADnet™+ exam. Smoking constricts blood vessels and can interfere with the exam.
- If you are in a wheelchair, the test can be performed while you are in it.

During your test

For this test, you will be sitting upright on a sturdy chair with your feet flat on the floor. A small probe will be placed on your inner ankle. When prompted by the technician, you will perform toe raises (shown upper right) to pump the blood out of the leg veins.

To do this, you must flex your foot upwards above your heel and then relax it. This procedure should be repeated 3–5 times. During this exercise, the blood in the veins is pumped toward the heart with the contraction of the muscles. The refilling time of the blood is measured by the PADnet™+ system.



If the refill times or waveforms are abnormal, your doctor may recommend additional diagnostic tests.

After your test

You may return to your normal routine right after the test. Your doctor will let you know when the results are ready.

