

QUICK CHECKLIST

How to detect early signs of venous insufficiency



TAKE A MINUTE TO TAKE CARE OF YOURSELF

The more boxes you check, the more important it is to get your veins evaluated:

🦶 HOW DO YOUR LEGS FEEL?

☑️ My legs feel heavy or tired, especially at the end of the day.

☑️ I feel leg pain, aching, or throbbing after standing or sitting too long.

☑️ I experience leg cramps, especially in the evening or at night.

👣 SWELLING & DISCOMFORT

☑️ My ankles or feet swell during the day.

☑️ Swelling improves overnight but returns the next day.

☑️ Shoes or socks feel tighter by evening.

👁️ VISIBLE CHANGES

☑️ I have varicose veins (bulging, twisted veins)

☑️ Veins look more noticeable over time.

🔥 SKIN & SENSATION CHANGES

☑️ I feel itching, burning, or tingling in my legs.

☑️ Skin near my ankles looks darker, reddish, or shiny.

☑️ Skin feels dry, tight, or thickened.

🌙 NIGHTTIME SYMPTOMS

☑️ I have restless legs that disrupt my sleep.

☑️ I feel the urge to move my legs at night to get comfortable.

🚨 ADVANCED WARNING SIGNS (DO NOT IGNORE)

☑️ Swelling that does not go away.

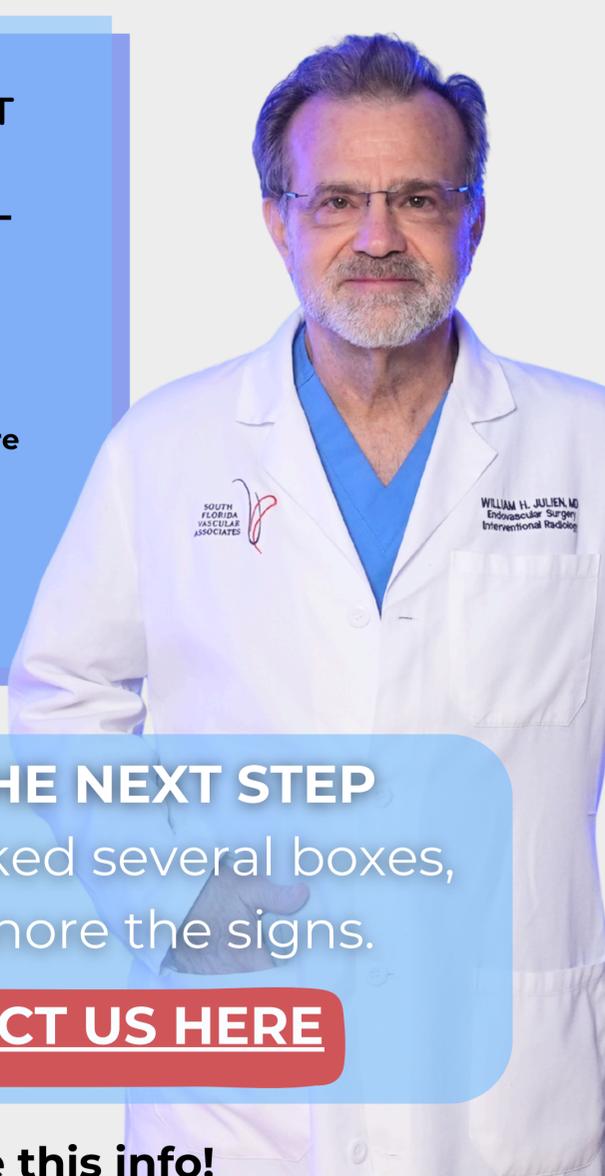
☑️ Hard, painful veins.

☑️ Slow-healing sores or wounds near the ankles



DR. WILLIAM JULIEN: "WHY THIS CHECKLIST MATTERS"

- ✓ Early detection **prevents complications**
- ✓ Symptoms often **worsen without treatment**
- ✓ Minimally invasive **options are available**
- ✓ Our treatments **require no incisions** and are performed in office



TAKE THE NEXT STEP
If you checked several boxes, don't ignore the signs.
[**CONTACT US HERE**](#)

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