

DOCTOR DISCUSSION GUIDE

With this discussion guide, you can be better prepared to discuss your condition and possible treatment options with your doctor.

YOUR GUIDE TO STARTING THE VEIN HEALTH CONVERSATION

PREPARING FOR YOUR VISIT: SYMPTOM CHECKLIST

Check off any that apply, or make notes about when symptoms started or how they've changed

- ☐ Pain, heaviness, or aching in legs
- ☐ Leg or ankle swelling
- ☐ Feelings of tightness, fullness, or pressure in legs
- ☐ Visible vein changes, skin discoloration, or skin changes
- ☐ History of blood clots or vein-related issues
- ☐ Relief with rest or elevation of your legs
- ☐ A wound or ulcer that heals slowly, or does not heal or show significant improvement within 4 weeks

AT YOUR VISIT: QUESTIONS TO ASK YOUR DOCTOR

- ☐ How common is venous disease?
- ☐ What does it mean when I get blood clots? How can I prevent them?
- ☐ What are my options for managing or treating the symptoms?
- ☐ How serious is this condition if left untreated?
- ☐ What is the long-term impact of deep vein thrombosis on veins?
- ☐ Where can I go if I need more information or support?
- ☐ Will I need to see a specialist? If so, what kind?