



medi

Healthy legs during pregnancy

A guidebook for prospective
mums and dads



medi. I feel better.



The mother cares for the unborn child – and medi cares for her legs!





Perfect happiness: A baby's on its way!

Healthy legs during pregnancy – and afterwards

Pregnancy – an adventure that takes up some of the most exciting months in your life. It's an overwhelming sensation to feel a new life growing inside you. Pregnancy brings changes with it – to start with, they can only be felt, then they're visible, and then impossible to miss. And these changes affect not only the abdomen – the whole body is involved and has to perform at the very highest level.

Expectant mothers also have the following experiences: sometimes the 'bump' digs in, and life is full of sleepless nights, nausea, breast tenderness and swollen legs. But medi is here to help, supporting your vein health with effective therapies that have no side effects. Why is pregnancy causing problems for my veins? How can I take action here? How can compression stockings help? Will my baby bump be affected? Your medi Guidebook provides the answers to all these questions and more to allow you to enjoy your pregnancy with healthy veins.

Look forward to a happy pregnancy on healthy legs – and medi will join in your excitement!



Our veins – and what they achieve each day

Our veins transport 7,000 litres of blood to the heart each day. As a comparison: this is about the same amount of milk that each of us drinks on average during our whole lifetime. The blood is pumped up from the legs for a whole metre against the force of gravity – and that’s something that only healthy veins can do.

Pregnancy changes the body

- Body weight increases by around 10 to 12 kg.
- The vascular system transports around a litre more blood.
- Hormones: progesterone expands the blood vessels, gestagen loosens the connective tissue
- The growing uterus and the weight of the baby press on the abdominal and pelvic veins.

If the blood stagnates in the expanded veins, spider veins or varicose veins can occur and the risk of thrombosis increases. It is not uncommon for the feet and lower legs to swell. ‘Oedema’ is the technical term – commonly known as water retention, or ‘water in the legs’.

If the veins have to work harder during pregnancy, it is possible to provide them with active support. The solution: mediven compression stockings.

Further information

Swollen legs during pregnancy may indicate a number of different disorders (e.g. pre-eclampsia with high blood pressure). Please always consult your doctor if you are in any doubt.

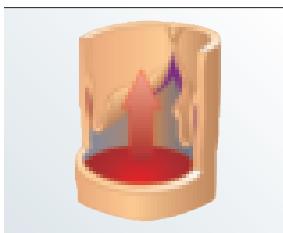
Stockings that compress – good for veins

Medical compression stockings are the basic treatment for vein disorders. If necessary, they can be prescribed by your doctor.

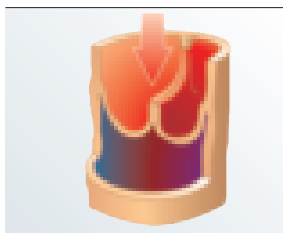
If vein problems appear for the first time during pregnancy, expectant mothers are actually exempt from the statutory supplementary payment. Precise measurements are taken for the stockings in your specialist medical retailer, and trained staff will provide advice on the right option for you.

The way medical compression stockings work: simple, brilliant and without side-effects

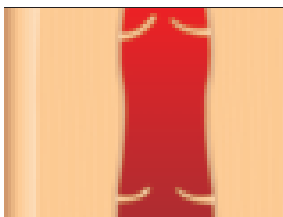
Compression stockings help to prevent varicose veins, spider veins and water retention during and after pregnancy. Existing vein problems do not deteriorate. Because of the defined progress of the pressure they apply, medical compression stockings keep veins in shape. The pressure is strongest at the ankle and decreases towards the thigh. The venous valves close again and can pump the blood up to the heart more quickly. Swellings go down, your legs relax, and you feel fine again.



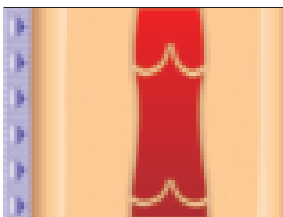
Venous valve open



Venous valve closed



Varicose veins without compression stocking



Compression stockings keep veins in shape







Trust the medi compression quality seal

The medi compression quality seal is used on selected high-tech products made by medi for use in the medical, lifestyle and sports sectors. medi is backed by six decades of experience with compression –made in Germany.

How does medi compression technology work in compression stockings?

The medi compression manufacturing process guarantees that precisely measured amounts of compression are applied to the body – for a proven positive effect on health, performance and well-being. Because of the highly elastic thread used, the compression stockings adapt perfectly to the individual shape of the leg.

Benefits for the user

medi compression provides optimum support for vein activity. The diameter of the veins in the legs is reduced, and the venous valves close again. The blood no longer moves sluggishly in the veins – it starts flowing smoothly back to the heart again. A high level of comfort is guaranteed and beautiful legs stay in shape for longer. Feelings of tired, swollen or even painful legs are alleviated, and any tendency to form varicose veins is countered. medi compression also has the effect of preventing varicose veins from occurring, for example, in people with a tendency to develop them or in pregnant women.

Further information

is available at
www.medi-compression.de/en

All you see is beauty. mediven elegance

Healthy veins without side-effects for mother and child

mediven elegance is Germany's most popular, top-selling medical compression stocking (survey by the consumer research company GfK in 2006) and is available in a special design for expectant mothers. The pregnancy panty top has no compression, is very soft and will fit over any baby bump. If the abdomen is particularly sensitive to pressure, the version with the open panty top is recommended.

In addition to providing highly effective compression, mediven elegance is fine and transparent in appearance and comes in eleven standard colours and new trend colours every six months as well as a wide range of great product details (e.g. dermatologically tested material, Soft Elastic in the forefoot area). The fabric is permeable to air and breathable. The fibres take moisture to the outside, so that skin always feels comfortable. The stretch fabric eases the application and removal process.

mediven elegance compression stockings are available as a knee sock, thigh-length stocking and pantyhose (pregnancy pantyhose). Your doctor will decide which is best for you.



**Below knee
stocking**

**Thigh-length
stocking**

**Pregnancy
pantyhose**





Smart – colourful – and really healthy, thanks to compression

mediven elegance trend colours

With mediven elegance compression stockings , you'll be truly spoilt for choice. In addition to eleven standard colours (e.g. Black, Sand, Diamond, medi Magenta), they are also available in several trend colours. mediven elegance is wonderfully elegant and creates beautifully shaped legs.

Further information

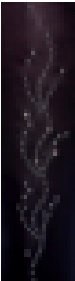
Please ask for the brochure ,mediven trend colours' to get an overview of the current trend colours.

mediven elegance standard colours

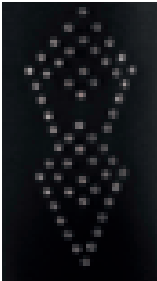
Anthracite	Montana	Navy	Siena	Diamond
Black	Beige	Caramel	Sand	White
medi Magenta				

mediven designs from SWAROVSKI ELEMENTS

The SWAROVSKI ELEMENTS patterns at the ankle are particular highlights that only medi provides. They can be used to give compression stockings that special personal touch. All mediven elegance designs and colours are available made with SWAROVSKI ELEMENTS.



Glamour



Royale



Glory



Starlight

For dads

Pregnancy affects expectant dads too – this is something that scientific studies have confirmed. Insomnia and an increase in weight are just two of the symptoms listed. If the ‘fathers to be’ want to show solidarity and do something really good for their legs at the same time, medi has the right compression stockings for them too.

For dads with healthy veins – there are active compression stockings for leisure, travel and business wear

medi motion and medi travel active stockings

Sitting, standing or moving around: people with healthy veins can reduce the burden on their legs with breathable active compression stockings that are available over the counter. They reduce oedema and the risk of thrombosis and are essential companions on any journey.

CEP – compression sportswear

It is a scientifically proven fact that compression sports socks improve performance and shorten the regeneration phase. Runners, footballers, hikers, skiers – CEP has the right sock for everyone involved in sports (www.cep-sports.com).

Men suffer from vein problems too:

mediven for men – the elegant compression sock.

mediven active – the hard wearing compression sock.

The powerful mediven for men compression knee-length sock is very soft and, in the ‘Business Rib’ design, combines form and function in a unique way. mediven active in contrast convinces by its robust material and it looks like a normal knee-length sock. After all, men suffer from vein problems too – so mediven for men and mediven active can be prescribed by your doctor if necessary.





medi Butler – makes pulling stockings on and off much easier

medi donning and doffing aids

medi donning and doffing aids make it easy to enter the world of healthy veins. With the medi Butler, it's easy to pull on mediven compression stockings quickly, even with a baby bump. The pre-stretched compression garment can easily be pulled over the instep and heel. Then you simply pull the stocking towards the knee using the side handles. If necessary, the medi Butler can be prescribed by your doctor.



medi Export Butler with long handles



medi Butler for pantyhose



medi Butler Off



medi 2in1 donning and doffing aid

medi skin and stocking care range

These products, with their top-quality ingredients, are produced to meet the needs of sensitive skin with vein problems – even people with a tendency to allergies will find these products suitable. Pregnant women can use these wonderfully indulgent skincare products on their legs each day for a feeling of absolute wellbeing and comfort. medi day gel has a cooling effect, whilst medi night cream and medi soft cream foam add plenty of moisture. These skincare products are quickly absorbed and leave no residues. The cooling spray can even be sprayed directly onto the medi stocking. The medi clean hand-wash detergent cleans and cares for compression hose. The medi spot ex stain stick is ideal for stubborn stains and shoe marks.



medi day – skin care gel
50 ml tube/150 ml tube



medi soft – cream foam
125 ml can



medi night – skin care cream
50 ml tube/150 ml tube



medi fresh – cooling spray
100 ml bottle



**medi clean – handwash
detergent and medi spot ex**
150 ml tube



The medi feel-good programme for your feet

Carefully selected natural ingredients calm, pamper and care for your feet. Old skin is gently removed. Treat yourself to a high standard of relaxation and care – a short break for body and soul.





medi novae – relaxing footbath lotion

Sink into your relaxing feel-good foot bath.

- Enjoy the soothing and relaxing effect.
- Hops soothe, relieve inflammation and pamper your feet.

Relax your feet for 10 minutes every day – the short break for body and soul.

150 ml bottle



medi smooth – natural foot scrub

Experience a foot massage and scrub away dead skin cells for soft, silky skin.

- The finely ground pumice stone gently removes old skin from the heel and balls of the feet.
- You will notice how your feet will feel smooth and soft to touch.

Apply to moist skin once or twice a week and gently massage it in, rinse with warm water.

150 ml tube



medi blando – intensive care

The pure care experience for your feet.

- The 15% urea content makes blando the effective highlight when caring for your feet.
- It provides your feet with moisture and intensive care.
- Panthenol and marigold heal wounds and relieve inflammation.

Massage medi blando into your feet each evening.

150 ml tube

Brief Glossary of Vein Health Terms

Venous system: Every day, our veins transport around 7,000 litres of blood low in oxygen back to the heart. The superficial venous system collects the blood from the various layers of skin, and the deep venous system transports it to the heart – with the help of the muscle pumps.

Venous valves stop the blood flowing backwards. They operate as non-return valves. If the blood is being pushed upwards by the pressure of the muscle pumps, the valves open. If the blood tries to sink back, they close.

Varicose veins are a vein disease. Expanded veins in the leg can no longer fulfil their function of transporting blood. The blood congests in the veins and stretches them. The veins become visible on the surface of the skin of the legs as bulging strands.

Thrombosis: If the return flow of blood through the veins is disturbed, there is a greater risk of a blood clot (thrombus) forming. This clot blocks the vein and stops the blood from circulating.

Oedema is an accumulation of tissue fluid, causing a swelling of the tissue.

Vena-cava syndrome: When lying on the back, the uterus and child press on the large vein known as the 'vena cava', reducing the supply of blood for the mother and the unborn child.

Compression (Latin: comprimere = to press together: Medical compression hose press the veins together mechanically from outside. They are the basic treatment for vein problems. The venous valves close again and the flow of blood back to the heart is improved.

medi tips for pregnancy

- Treat yourself and your baby to a rest now and again – try to avoid standing or sitting for long periods of time.
- Naturally, crossing your legs looks elegant, but the blood circulates better if you put your feet up as often as possible.
- Your mediven elegance stockings will help keep your veins healthy. After all, you do know that your stockings only work on your legs, not in the wardrobe.
- Comfortable shoes and light clothes will make you feel better.
- In hot weather, cooling your legs down regularly is helpful.
- Your life should still include sports and exercise – swimming, walking, strolling and yoga are ideal.
- Two litres of fluid a day (water, diluted fruit juices, tea) and a balanced, healthy diet will keep you healthy: fruit, vegetables, roughage, vitamins and minerals are particularly important.

Further information

There's plenty of information about vein health and medical compression garments online at www.medi.de/en

Your specialist retailer

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export@medi.de
www.medi.de/en



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