



# ST. THOMAS AQUINAS CATHOLIC CHURCH

Archdiocese of Galveston-Houston | Served by Missionaries of St. Francis De Sales

12627 W. BELLFORT AVE., SUGAR LAND, TX 77478 281-240-6721 WWW.STASUGARLAND.COM

## January 2, 2022

### WELCOME HOME

**PASTOR:**  
Rev. Joseph Pottemmel, MSFS  
*frjoseph@stasugarland.com*

**PAROCHIAL VICAR:**  
Rev. Mathew Thayil, MSFS  
*frmthayil@stasugarland.com*

**DEACON**  
Sam Dunning  
*sdunning@archgh.org*

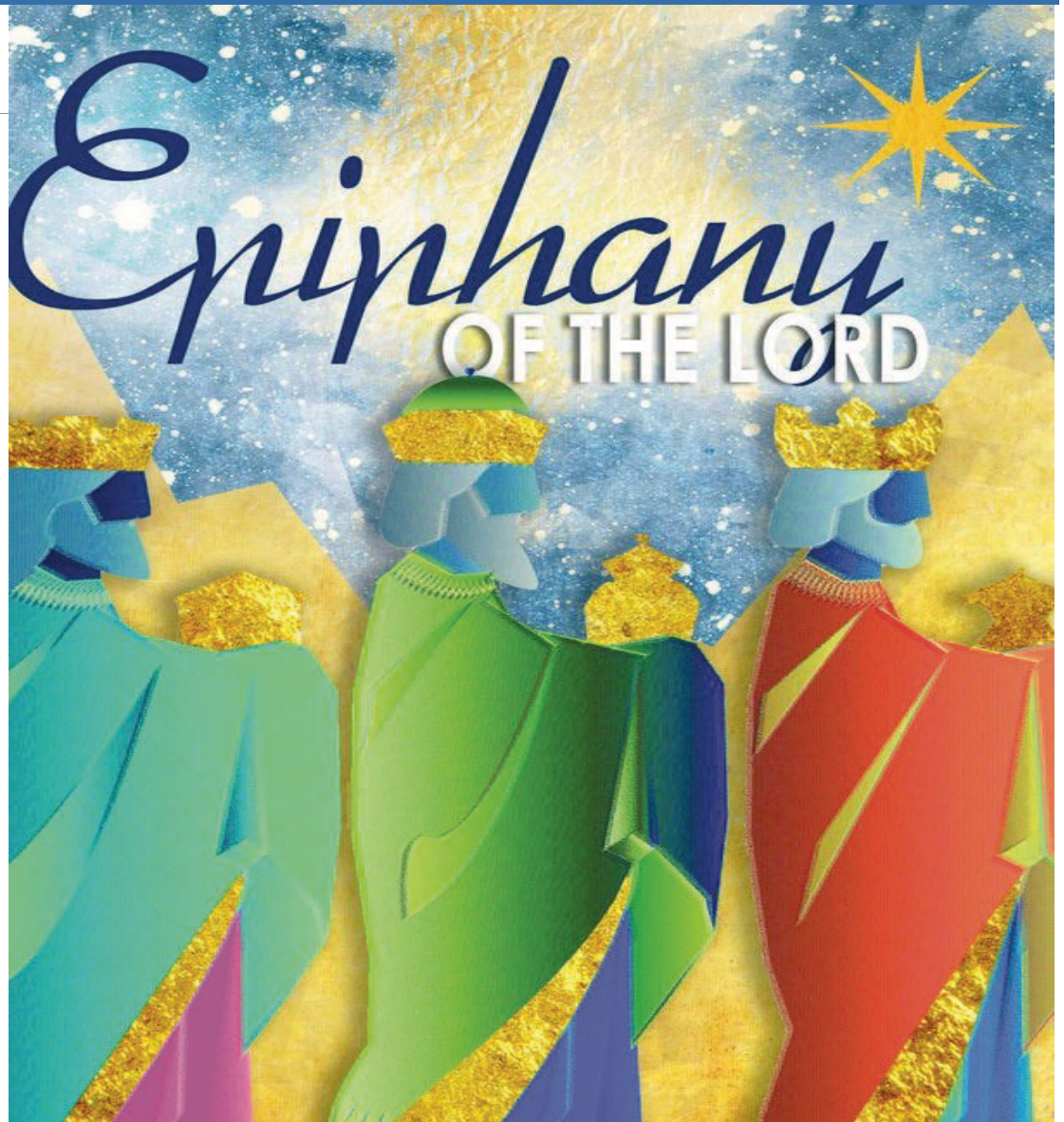
**MASS SCHEDULE**  
**Saturday** 5:00 p.m.  
**Sun.** 7:30 a.m. 9:30 a.m. & 11:30 a.m.

**DAILY MASS**  
**MON.-SAT. 8:00 A.M., MASS SCHEDULE**  
**Saturday** 5:00 p.m.  
**Sun.** 7:30 a.m. 9:30 a.m. & 11:30 a.m.

**DAILY MASS**  
**Mon.-Sat.** 8:00 a.m.  
**Wed.** 7:00 p.m.,

**EUCCHARISTIC ADORATION**  
**Mon.-Tue. & Thur.**  
9:00a.m.. - 8:00 p.m.  
**Wed.** - 9:00 a.m.. - 6:30 p.m.  
**Fri.** - 9:00 a.m. – 6:00 p.m.  
Divine Mercy Chapel

**SACRAMENT OF PENANCE**  
By request after Mass,  
Mondays & Tuesdays  
Saturday: 4:00 – 4:45 p.m.



### OUR MISSION

“We the Parishioners of St. Thomas Aquinas Catholic Church are a diverse Christ Centered community empowered by the Holy Spirit and strengthened by the Word and the Sacraments to Proclaim the Good News”



## PANDEMIC PROTOCOL: NEW DIRECTIVES FROM THE CARDINAL

### GENERAL DISPENSATION FROM MASS OBLIGATION LIFTED

Daniel Cardinal DiNardo, Archbishop of Galveston-Houston, has lifted the General Dispensation from the Sunday and Holy Day Mass Obligation. This will take effect on Sunday, January 2<sup>nd</sup>, 2022, the Solemnity of the Epiphany of the Lord. **The Faithful should, therefore, fulfill their Sunday and Holy Day Obligation joyfully and conscientiously.**

*Please remember that from the law itself the obligation to attend Mass on Sunday or a Day of Precept is not morally binding for those who find it impossible to attend Mass, e.g., due to illness, advanced age, caring for a sick person or being at high-risk for contracting COVID-19. **These persons should fulfill their obligations through some act of prayer or meditation upon the Sacred Scriptures for the Mass of the Day.***

The Live Telecast of the Sunday and the Holy Day of Obligation Mass will be discontinued at St. Thomas Aquinas effectively from January 2<sup>nd</sup>, 2022, the Solemnity of the Epiphany of the Lord.

### HOLY COMMUNION

Holy Communion will continue to be only in one Species for the time being. Therefore, the ban on receiving the Precious Blood from a common chalice remains in effect.

### MASKING FOR MINISTERS OF HOLY COMMUNION

Wearing a face-covering by the Ordinary and Extraordinary Ministers of Holy Communion continues to be mandatory at St. Thomas Aquinas Parish for the time being.

### MISCELLANEOUS DIRECTIVES

- 1. Offertory Procession** with the presentation of bread and wine can be restarted whenever it had been suspended.
- 2. Kiss of Peace** : It is still strongly recommended that you continue to exchange Sign of Peace with a bow or some other gestures than actual hands-shaking.
- 3. Altar Servers** : Since there is no requirement for social distancing the use of Altar Servers should be restored as soon as possible.
- 4. Holy Water:** Use of Holy Water in fonts and stoups can be resumed in Churches. **However, as a courtesy to one another, all are encouraged to sanitize their hands before using the Holy Water Font.**

**EUCCHARISTIC ADORATION**



**IGNITE Payment for the Archdiocese of Galveston –Houston**  
 Total Campaign Amount \$ 538,853.00



	Amount	Balance
1st Payment 4/30/2019	\$33,678.31	\$505,174.69
2nd Payment 7/30/2019	\$33,678.31	\$471,496.38
3rd Payment 10/17/2019	\$33,678.31	\$437,818.07
4th Payment 12/19/2019	\$33,678.31	\$404,139.76
5th Payment 3/26/2020	\$33,678.31	\$370,461.45
6th Payment 7/15/2020	\$33,678.31	\$336,783.14
7th Payment 10/15/2020	\$33,678.31	\$303,104.83
8th Payment 12/23/2020	\$33,678.31	\$269,426.48
9th Payment 3/25/2021	\$33,678.31	\$235,748.17
10th Payment 6/24/2021	\$33,678.31	\$202,069.90
11th Payment 10/21/2021	\$33,678.31	\$168,391.59

Is your day filled with work, family, errands, rushing here and there? Wishing you could have just one peaceful hour? How about one peaceful hour with YOUR LORD? Jesus wishes to SPEND ONE HOUR WITH YOU!

**IF YOU ARE WILLING TO COMMIT TO ONE HOUR EACH WEEK CALL THE OFFICE AT 281-240-6721.**  
**IF YOU CANNOT MAKE YOUR ADORATION HOUR, PLEASE FIND A REPLACEMENT. THE BLESSED SACRAMENT SHOULD NEVER BE LEFT ALONE.**



**SACRAMENT OF BAPTISM**  
 Baptism preparation classes for Parents and Godparents are held every other month. Please call the parish office for information.



**SACRAMENT OF MARRIAGE**  
 Engaged couples need to call, Matt Falleri (281) 240-6721 ext. 107, six to nine months before your wedding to allow time for preparation.



**SACRAMENT OF HEALING**  
 In case of illness, please call the Parish Office at 281-240-6721

# PARISH INFORMATION

## PARISH STAFF

### BUSINESS MANAGER

**Lee Meister**  
lmeister@stasugarland.com

### DIRECTOR

Aquinas Early Childhood Center  
**Erum Khan** 281-240-7196  
ekhan@stasugarland.com

### YOUTH MINISTER

**Frank Sreshta**  
fsreshta@stasugarland.com

### CCE COORDINATOR

**Matt Falleri**  
mfalleri@stasugarland.com

### MUSIC MINISTER

**Mathew Maglasang**  
mmaglasang@stasugarland.com

### BOOKKEEPER

**Vivian Kuoh**  
vkuoh@stasugarland.com

### PARISH SECRETARY

**Leticia Cordova**  
lcordova@stasugarland.com

### OFFICE HOURS

Mon.-Thur. 7:30 a.m. to 5 p.m.  
Closed 12 p.m. to 1 p.m. (Lunch)  
Fri: 7:30 a.m. to 12 p.m.  
Sat & Sun: Closed

## STEWARDSHIP

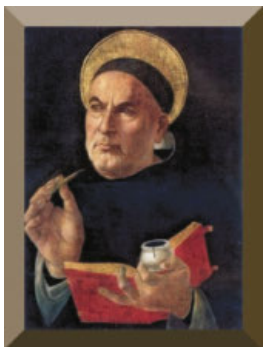
*3rd Sunday of Advent  
Dec. 11-12 2021*

### 1st Collection

Total.....\$11,890

STA Cares Collection this weekend.....\$ 3,798

## SAVE THE DAY

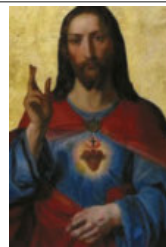


### Feast Day Celebration!

**St. Thomas Aquinas and St. Francis De Sales**  
January 29<sup>th</sup>, 2022, after 5 p.m. Mass

**International Festival of food and talent!**  
If you have a group that would like to join  
please contact:

Malou Marasigan 713-922-9689 or Barbara Allen  
713-459-0172 to be added to the list.



**The Preaching Team of Holy Name Passionist Retreat Center joyfully announces the theme for the highly anticipated post-pandemic**

### 2021 – 2022 Retreat Season:

Please join the Men of St Thomas Aquinas at our annual retreat at the Holy Name Retreat Center on January 21-23rd. The theme is

### PORTRAIT OF CHRIST: ENCOUNTERING THE TRUTH

The writings and personal encounters of St. Paul the Apostle and St. Paul of the Cross, who were both committed to preaching Christ Crucified, serve as a historical canvas upon which a portrait and understanding of Christ are painted.

Capturing the reverence, excitement, and newness of an encounter with the Truth, that is to say with Christ Himself, Who is the Way, the Truth, and the Life, particularly in modern society plagued by a cancel culture and relativism, the Preaching Team and Retreatants will be given a unique opportunity to “paint a portrait” of Christ through exploring various encounters with Him and with others in their lives as experienced through the Scriptures, at home, in their parish communities, and out in the world. Encounters in life are various and as diverse as every person’s portrait of Christ. However, these diverse encounters and multiple images of Christ all point to the Truth which is absolute and eternal.

An examination of the Catholic understanding of both Truth and encounter will serve as a foundation to explore encounters with Truth that realize a growth in relationship with God and a better understanding of one’s Christian duty of living, preaching and witnessing the Truth as did St. Paul the Apostle and St. Paul of the Cross.

Sign up online at:

<https://holynameretreatcenter.com/catholic-retreats/>

Call Scott Sabol for any question, 832-265-3473



**ALTAR SERVER SCHEDULE**

**FOR THE WEEKEND OF JAN. 8 & 9**

*If you have any questions please call Earl Marasigan at 832-687-0455.*

**Saturday 5:00 p.m.**

**Sunday 7:30 a.m.**

Brandon Amaefule  
Bianca Amaefule

**Sunday 9:30 a.m.**

**Sunday 11:30 a.m.**

Joachim Panam  
Joseph Panam  
Ariel Fernandez  
Eric Fernandez

Chisom Amushie  
Chidimma Richards  
Chidume Richards  
Arinze Nmadin

**"If you cannot make it to your Mass, please contact the Adult Coordinator assigned for the Mass."**

**Adult Coordinators**

5:00 p.m.

7:30 a.m.

9:30 a.m. Samson Awoh (713) 232-9131 or  
Jonah Eze (346) 717-8911

11:30 a.m. Edmund Warren (832) 926-9595

**SATURDAY, JANUARY 1**

9:00 a.m. Paolo Sagullo - **Birthday**

5:00 p.m. Edmund Gonzales

**SUNDAY, JANUARY 2**

7:30 a.m. For All Parishioners

9:30 a.m. Bertha Rodriguez †

11:30 a.m. Thomas & Maria †

**MONDAY, JANUARY 3**

8:00 a.m. Modesta Leus †

**TUESDAY, JANUARY 4**

8:00 a.m. Claudio & Virginia Mangalindan †

**WEDNESDAY, JANUARY 5**

8:00 a.m. Claudio & Virginia Mangalindan †

7:00 p.m. Prayer Bag, Prayer Bowl & Internet

**THURSDAY, JANUARY 6**

8:00 a.m. Adrian Osorio †

**FRIDAY, JANUARY 7**

8:00 a.m. Thanksgiving for the Sacred Heart

**SATURDAY, JANUARY 8**

8:00 a.m. Philip Martin †

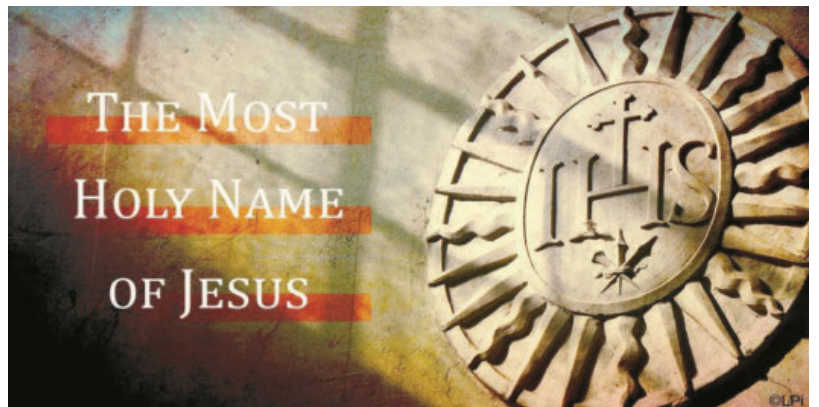
5:00 p.m. Healing for Gloria Cespedes

**SUNDAY, JANUARY 9**

7:30 a.m. For All Parishioners

9:30 a.m. Ernesto Toralballa †

11:30 a.m. Enric Pascualado - **Birthday**







## SAFE ENVIRONMENT PROGRAM

### The CMG Safe Haven online training has replaced VIRTUS.

The training consists of 3 vignette style training videos that are approximately 60 minutes. A criminal background check is included and must be completed.

The training is available in English and Spanish. **We will no longer offer live training. All Safe Environment training will only be available online.**

- All new employees and volunteers will complete the Safe Haven online training program instead of VIRTUS PGC training.

-All individuals must complete the training and complete a background check prior to the start of employment and/or volunteer service.

- The 5 year anniversary date is still in place. Individuals who recently attended VIRTUS will not be due to complete refresher training until they have reached their 5 year anniversary date.

-As the 5-year anniversary is reached, individuals will need to log into CMGConnect with their previous personal VIRTUS user id and 1234 as the password. **Once you log into the CMGCON-account, you will be able to change your password.** If you do not remember your user id, you may contact the following:

1. **Frank Sreshta** @ 281-240-6721 x 111

2. **Marielena Alaniz** @ 713-652-4401  
malaniz@archgh.org

Individuals who have not completed Safe Haven online training as well: The following individuals below will now be required to complete the training:

- 1) Individuals who have never attended training.
- 2) Individuals who are now due for refresher training and had not attended VIRTUS training.
- 3) Individuals who are currently due and have not attended VIRTUS training.
- 4) Individuals who are out of compliance or past due.

For questions about due date/refresher, call

1. **Frank Sreshta** @ 281-240-6721 x 111



### WHY DO WE DO THAT? Catholic Life Explained:

**Question:** What happens to a consecrated host if it accidentally falls to the ground?

**Answer:** This is a very practical question because, as we all know, accidents happen, even during the most careful celebration of the liturgy. The short answer to this question is that nothing happens to the consecrated host. The Real Presence of Jesus remains in the consecrated host or any consecrated wine that might accidentally be spilled.

Another question we might ask is: *How should the ministers respond if the Eucharist is dropped or spilled?* If this happens, the priest, deacon, or extraordinary minister of Holy Communion should immediately pick up the dropped host and consume it. If it is a case of the Precious Blood being spilled, the minister would use the purificator (and additional purificators if needed) to clean the spill and then the area should be reverently washed as soon as the Mass is over and the water poured into the sacrarium (a special sink that is located in church sacristies for reverently disposing of holy water, the water used to clean sacred vessels, etc.).

**Question:** Which sacraments can only be received once?

**Answer:** Confirmation, Baptism, and Holy Orders



## PASTORAL ASSISTANT

### LORD, WE LIFT UP PETITIONS OF HEALING FOR OUR SICK, ESPECIALLY:

Jane Arinze, Fr. Angelito Baldonado SDB, Michael Ballard, Monica Brady, Fr. John Bosco, Dan Burch, Donna Buczo, Wilda Cali, Alexandro Castillo, Roland Cavato, Enriqueta Cazares, Alan Cordova, Pierce Counts, Jorge Coria, Steve Cunningham, Michael DeBondt, Fr. Vince Dulock, Bill Esco, Doris Giroir, Elizabeth Jackson, Laura Jackson, Floyd James, Paul James, Sara Jara, Denise Walker Jones, Aniceta Julian, Craig Junek, Mama Luz Kalu, Jasmine Danielle King, Della Klesel, Dorie Lacsamana, Dana Bryan Lee, Kenny & Laurie Legnon, Luna, Raymond Macha, Sharon & Timothy McCulloch, Ronald Murphy, Lancelot G. Muschamp, Victoria Navarro, Fr. Bruce Nieli, Dejean Nixon, Fr. Miguel Obregon, Augustina Odoh, Emmanuel Odoh, R. Josephine N. Panis, Edwaldo Pena, Gloria Peralta, Jake Poroo, Larry

Rideau, Bob Ried, Andre Riser, Katherine Rooker, Mark Ryan, Yolanda Salazar, Eric Sanchez, Steven Shetzline, Richard Shield, Joan Sloat, Jon Stemkoski, Tanya Casipe, Martha Swift, Jacob Tankeh, Fr. Carl Tenhundfeld, Hope Trevino, Merita, Joseph & Zachary Vancelette, Annabelle Van Deursen, Joe Vincelet, Anita Villanueva, Nicholas Vizzini, Betty Jo Vollenweider Susan Vollenweider, Cynthia Williams, Pamela Wike, Fr. Drew Wood, Amy Yanez, Laura Yumul, Fr. Louis Zee and our Catholic Residents at The Hampton Meadows Place Assisted Living Facility, Bedford Place, Home Sweet Home, First Smile and Catholic Patients at Atrium Medical Center.



## PRAY FOR THE DECEASED

Members of St. Thomas Aquinas, and those that have died from the Coronavirus.

## May They Rest in Peace.

## NEW JERUSALEM CATHOLIC CHARISMATIC RENEWAL PRAYER GROUP

### A NEW YEAR'S 'REVOLUTION' IN JESUS CHRIST

With the Holy Spirit dwelling in us, we have all been created to fulfill a need in our life. In **John 15:16**, Christ says, **"You did not choose Me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide; so that whatever you ask the Father in My name, He may give it to you"**.

In the history of the Israelites, Joseph was born to save them from starvation (**Gen 41:40-46**); Moses was created to deliver them from slavery (**Exodus 3:10-13**); and Esther was divinely appointed to prevent the extinction of Israel [**Esther 4:15-16**]. Even outcasts from the Nation of Israel like Rehab who helped Joshua and his men to successfully invade Jericho on their way to the promised land [**Joshua 2:1-8**], fulfilled a need to the Glory of God. And in the New Testament Era, Jesus' Disciples continued to fulfill people's needs even after His Ascension into Heaven. **The greatest need He**

**created you and me for, is in the reconciliation of man to himself.**

We were all created to promote the Kingdom of God and facilitate the return of man into a relation with God by being a blessing unto the Lord as we **"bear fruit that will abide"** in our lives. All around us, are people who need this transformation. Our individual roles might be in sharing of the Gospel [whether big or small, recorded or unrecorded, notable or unknown] to the public. We're all born to fulfill a need! That need was created by God in us before we were born.

Our Lord Jesus Christ came to the earth to fulfill the ultimate need of mankind; the need for a Savior! He even breaks it down further and describes the brevity of that need in **Luke 4:17-19** **"The Spirit of the Lord is upon Me, because He has anointed Me to preach good news to the poor. He has sent Me to proclaim release to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the**

**acceptable year of the Lord"**. Christ did fulfill this need by His death, resurrection, ascension into Heaven, and eventually Him sending the Holy Spirit to us to empower us in doing God's will. As we draw closer to God by the power of the Holy Spirit, we can fulfill that need that God has put into us. In **Mt 25: 14-30**, Christ gave us the parable of the talents. Whatever talents we have, are not to be *buried* or used as 'a showcase' but rather, in fulfilling a need to the Glory of God; with humility and the LOVE of Christ. **Col 3:17** says **"Whatever you do in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through Him."**

**PRAYER MEETING EVERY SATURDAY, FROM 6:00 P.M.—9:00 P.M. IN AQUINAS CENTER ROOMS B & C**

All are invited!!

For any questions, please call Emmanuel OFILI at: 832-247-5226.



## 2021 STA Thanksgiving Food Drive - Success:

On Behalf of Society of St. Vincent de Paul (St. Thomas Aquinas) Conference we thank you all!

We see the overwhelming generosity. Every year the grocery contributions are well above and beyond what could be expected.

Special Thanks to Knights of Columbus for supporting, sorting food and preparing it for shipment to (3) area pantries. There were (6) Knights and (4) SVDP volunteers who donated a combined 20 hours to complete this project.

Area Pantries at St. Theresa, Holy Family, & Notre Dame Catholic Churches express their thanks. The total amount of food is sufficient to feed at least 200 families with an estimated combined weight of about 1,200 to 1,400 pounds.



## Vincent de Paul (SVDP) – Social Ministry – Highlights:

- Since Feb 2020 we assisted 49 families with housing, and utilities expenses (more than \$47,000). (More than half of assistance offered was received from other SVDP conferences like St. Theresa.)
- The administrative cost is less than 1% for (checks, stamps, bank fees, grocery bags., & postage)
- The social ministry is widely a community outreach (less than 1% of assistance is for STA families.)
- Sadly only about (20 to 30) % of the requests / calls can be addressed (while were are low on funds)
- We were approached with high profile cases for (2) STA parishioners (while we were low on funds).
- We seek more volunteers for field work, visits, delivering checks, & giving tree.
- There is a high need for volunteers with computer skills and Spanish speaking abilities.
- Please signup to volunteer and take the online required Virtus / CMG Safe Haven Training.
- Candidate volunteers could watch or participate in core activities:
  - a) Visiting those in need (In person, or on the telephone)
  - b) Advocating for families in need,
  - c) Helping families overcoming difficult situations
  - d) Encouraging those who suffer
  - e) Prayer with families and spiritual direction
  - f) Coordinating deliveries of groceries, jackets, rental checks, toys for giving tree (next year)
  - g) Case documentation (web-based) with PC or laptop.
  - h) Accounting – preparing payments, balancing check book, monthly reporting.



## SUNDAY, JANUARY 2, 2022

Is 60:1-6/Ps 72:1-2, 7-8, 10-11, 12-13 [cf. 11]/Eph 3:2-3a, 5-6/Mt 2:1-12

- 7:30 a.m. Epiphany of the Lord Sunday Mass, Sanctuary
- 9:30 a.m. Epiphany of the Lord Sunday Mass, Sanctuary
- 10:30 a.m. RCIA - Adult, TH 202-204
- 11:30 a.m. Epiphany of the Lord Sunday Mass, Sanctuary

## MONDAY, JANUARY 3, 2022

**PARISH OFFICE, ADORATION AND AECC CLOSED**

- 1 Jn 3:22—4:6/Ps 2:7bc-8, 10-12a/Mt 4:12-17, 23-25
- 7:40 a.m. Stations of the Cross, Sanctuary
- 8:00 a.m. Weekday Mass, Sanctuary
- 7:00 p.m. Knights of Columbus Council Meeting, ALD Hall

## TUESDAY, JANUARY 4, 2022

- 1 Jn 4:7-10/Ps 72:1-2, 3-4, 7-8/Mk 6:34-44
- 7:40 a.m. Stations of the Cross, Sanctuary
- 8:00 a.m. Weekday Mass, Sanctuary
- 9a.m.-8p.m. Adoration, Divine Mercy Chapel

## WEDNESDAY, JANUARY 5, 2022

- 1 Jn 4:11-18/Ps 72:1-2, 10, 12-13/Mk 6:45-52
- 7:40 a.m. Stations of the Cross, Sanctuary
- 8:00 a.m. Weekday Mass, Sanctuary
- 10a.m.-6:30p.m. Adoration, Divine Mercy Chapel
- 6:30 p.m. EDGE, TH Youth
- 6:30 p.m. CCE Class TH Second Floor
- 7:00 p.m. OLPH Mass & Novena, Sanctuary

## THURSDAY, JANUARY 6, 2022

- 1 Jn 4:19—5:4/Ps 72:1-2, 14 and 15bc, 17/Lk 4:14-22a
- 7:40 a.m. Stations of the Cross, Sanctuary
- 8:00 a.m. Weekday Mass, Sanctuary
- 9a.m.-8p.m. Adoration, Divine Mercy Chapel
- 7:00 p.m. Choir Practice, Siena Rm

## FRIDAY, JANUARY 7, 2022

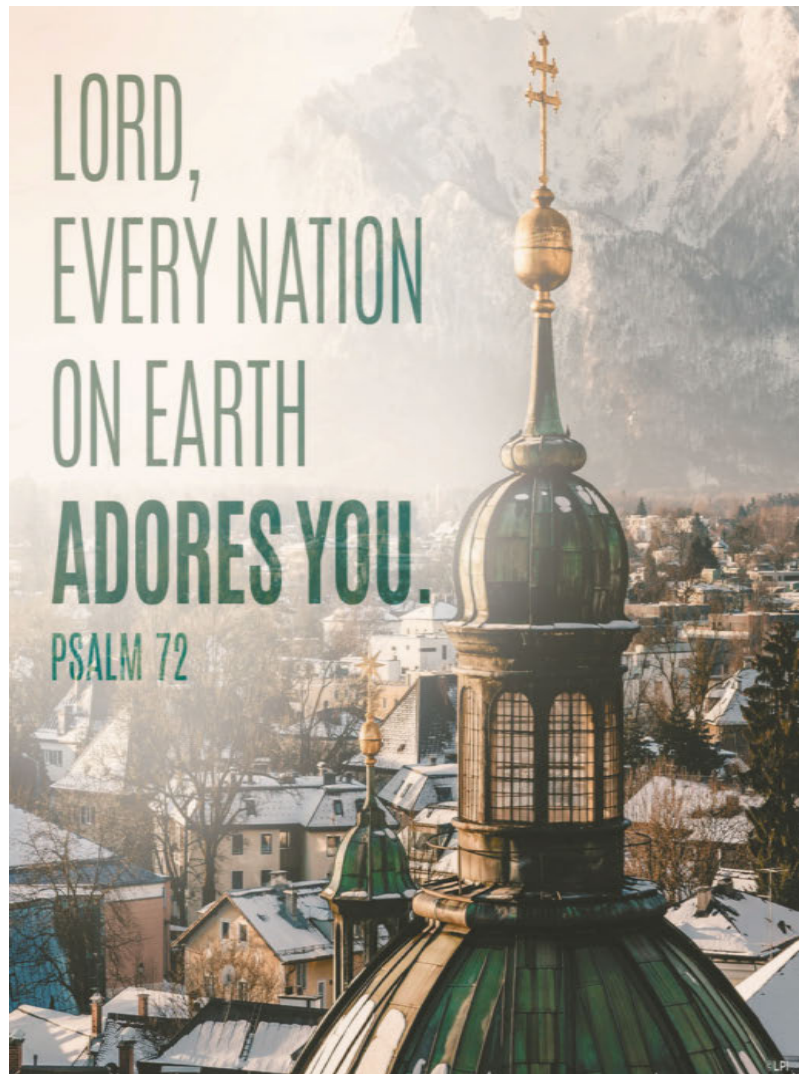
- 1 Jn 5:5-13/Ps 147:12-13, 14-15, 19-20/Lk 5:12-16
- 7:40 a.m. Stations of the Cross, Sanctuary
- 8:00 a.m. Weekday Mass, Sanctuary
- 9a.m.-6p.m. Adoration, Divine Mercy Chapel

## SATURDAY, JANUARY 8, 2022


- 1 Jn 5:14-21/Ps 149:1-2, 3-4, 5 and 6a and 9b/Jn 3:22-30
- 7:40 a.m. Stations of the Cross, Sanctuary
- 8:00 a.m. Weekday Mass, Sanctuary
- 8:30 a.m. Catholic Daughters of Americas, AQ B-C
- 4:00 p.m. Reconciliation
- 5:00 p.m. The Baptism of the Lord Sunday Mass, Sanctuary
- 6:00 p.m. New Jerusalem Charismatic Prayer Group, AQ B-C

## SUNDAY, JANUARY 9, 2022

- Is 42:1-4, 6-7/Ps 29:1-2, 3-4, 3, 9-10 [11b]/Acts 10:34-38/Lk 3:15-16, 21-22or, Is 40:1-5, 9-11/Ps 104:1b-2, 3-4, 24-25, 27-28, 29-30 [1]/Ti 2:11-14; 3:4-7/Lk 3:15-16, 21-22
- 7:30 a.m. The Baptism of the Lord Sunday Mass, Sanctuary
- 9:30 a.m. The Baptism of the Lord Sunday Mass, Sanctuary
- 10:30 a.m. RCIA - Adult, TH 202-204
- 11:30 a.m. The Baptism of the Lord Sunday Mass, Sanctuary
- 6:30 p.m. Confirmation Class, Confirmation Class, ALD Hall
- 7:00 p.m. Life Teen, TH Youth



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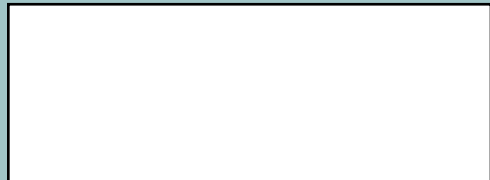
  
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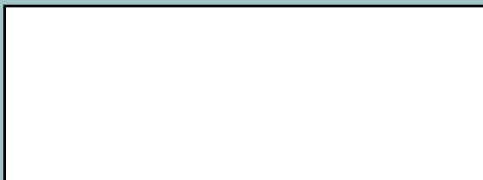
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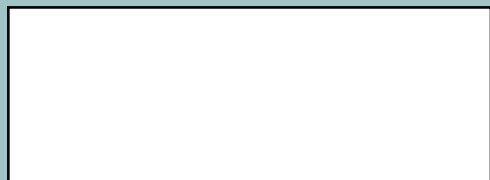
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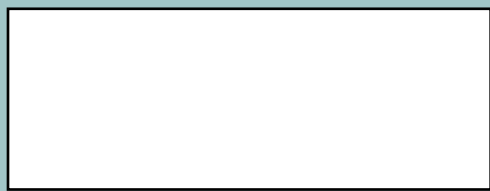


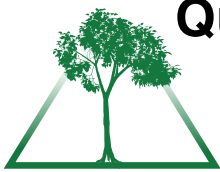
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## VARICOSE VEINS? TIRED AND ACHING LEGS?

They could be a sign of vein disease.



Venous reflux can cause  
these signs and symptoms<sup>1</sup>:

- Varicose veins
- Swelling
- Itching
- Heaviness or tiredness
- Aching
- Cramping
- Restlessness
- Open skin sores

CVI Risk Factors<sup>1</sup>:

- Family history
- Lack of exercise
- Leg injury or trauma
- Prolonged sitting or standing
- Obesity or excess weight
- Current or previous pregnancies
- Smoking

If venous reflux is left untreated,  
it may worsen over time and  
develop into a more serious form  
of vein disease called chronic  
venous insufficiency, or CVI.<sup>2</sup>

Learn more about symptoms,  
risk factors, and treatments at  
[Medtronic.com/VeinDisease](http://Medtronic.com/VeinDisease)

### References

<sup>1</sup> Criqui MH, Denenberg JO, Langer RD, Kaplan RM, Fronck A. Epidemiology of Chronic Peripheral Venous Disease. In Bergan JJ, Bunke-Paquette N, eds. *The Vein Book*. New York, NY: Oxford University Press; 2013:27-36.

<sup>2</sup> Eberhardt RT, Raffetto JD. Chronic venous insufficiency. *Circulation*. July 22, 2014;130(4):333-346.

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