



# 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 30, 2022

### WELCOME HOME

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

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

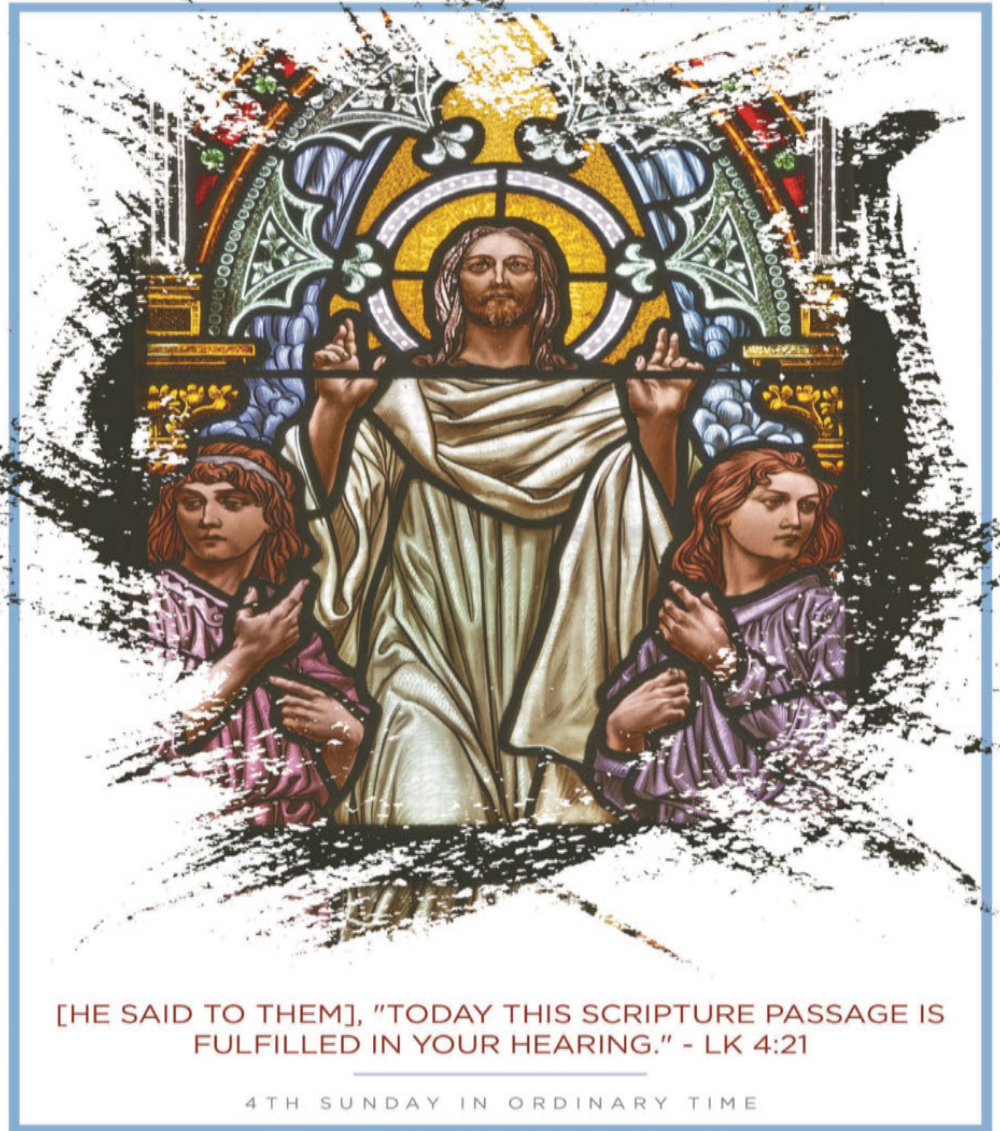
**MASS SCHEDULE**  
Saturday 5:00 p.m.  
Sun. 7:30 a.m. 9:30 a.m. & 11:30 a.m.

**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.



[HE SAID TO THEM], "TODAY THIS SCRIPTURE PASSAGE IS  
FULFILLED IN YOUR HEARING." - LK 4:21

4TH SUNDAY IN ORDINARY TIME

EXCERPTS FROM THE LECTIONARY FOR MASS ©2001, 1998, 1970 CCD, ©LPI

### 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"



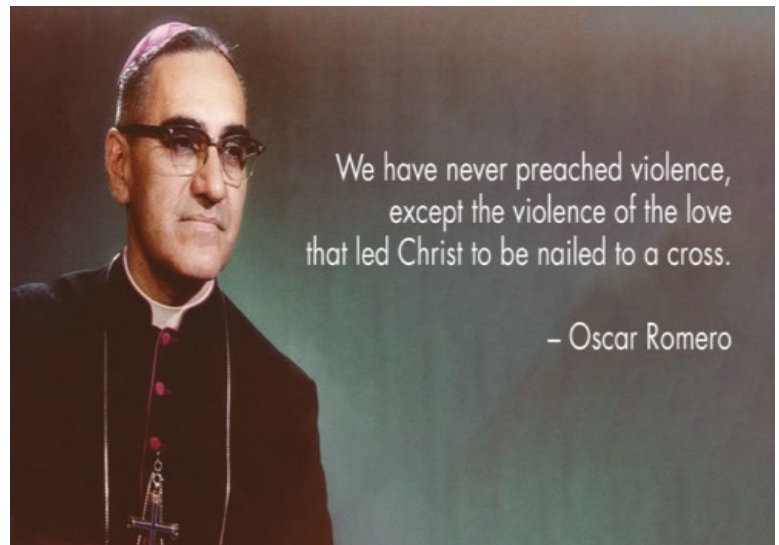
## REFLEXION

St. Oscar Romero (1917-1980) was a “Salvadoran Roman Catholic archbishop who was a vocal critic of the violent activities of government armed forces, right-wing groups, and leftist guerrillas involved in El Salvador’s civil conflict” (Encyclopedia Britannica). As a voice of the voiceless, he was an outspoken champion of the poor who were the ones most affected by the civil unrest and violence. His advocacy provoked several attempts on his life. Nonetheless, St. Oscar Romero was convinced that before all else his faith in the resurrected Christ and the values of the Gospel trumped any earthly concern or worry. He walked with complete confidence and trust. On March 24, 1980, St. Oscar Romero was assassinated while celebrating Mass. Such is often the fate of those who challenge the socio-political agendas of the day.

We may look at the example of witness of St. Oscar Romero as something extraordinary. In one sense it is. Through the power of God, an ordinary human being did extraordinary things. But, in and of himself, St. Oscar Romero was simply a humble, loving servant of God. Oscar knew not only the power of love but the risk that comes when loving unconditionally. The beauty of God’s message was able to shine in and through him because he was able to step out of the way and be a vessel. One can assume that for St. Oscar Romero, one’s earthly life has no merit when faith, integrity, conviction, zeal and love are jettisoned. Fear and apprehension had no grip on this man who not only saw but spoke the truth.

Do we speak the truth? It makes us feel good to speak of God as love. But have we ever considered the ramifications of this radical message? There are assaults on human life occurring daily. More and more the value and worth of a human being is being reduced and minimized.

We are becoming widgets in the production of life. In our whole simple humble ways, we too are called to be prophets. Knowing who you are and what is within your means to do, how can you make God’s love real, stand up for what is right, and give witness to the sacredness of all that is around you?



## INSPIRATION OF THE WEEK

Prophets possess an intimate knowledge of God and act on their experience of God. Prophetic messages usually challenge the status quo and draw us up and out of ourselves, focusing us on the bigger picture. We often think of ourselves and our own needs first. When we listen to someone speak, we judge the merit of the message by its degree of usefulness. If the message or vision contains no personal benefit or profit but a call to stretch and grow, we can become indignant. Prophets are usually the ones whose message challenges us and calls us to see things differently and love more perfectly and deeply. God is love. When listening to St. Paul speak about love we witness the unfolding of this type of unconditional, other centered, self-sacrificial perfect God. It is an invitation to life, freedom, and happiness that can be offered to us only by God. Jesus, who is God and Love incarnate, calls us to this richer expression of love. Are we ready to listen and be challenged and stretched?

**EUCCHARISTIC ADORATION**



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



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.**

	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
12th Payment 12/16/2021	\$33,678.31	1.34,713.28



**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

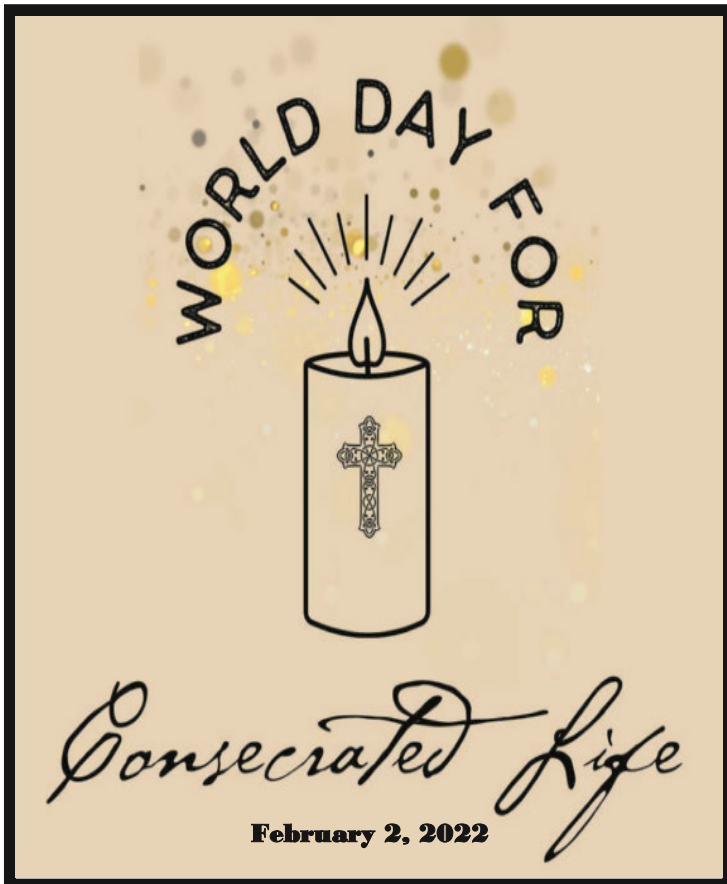
## STEWARDSHIP

*Solemnity of Mary the Holy Mother of God  
Jan. 1 - 2 2022*

### 1st Collection

Total.....\$23,247

STA Cares Collection this weekend.....\$9,198

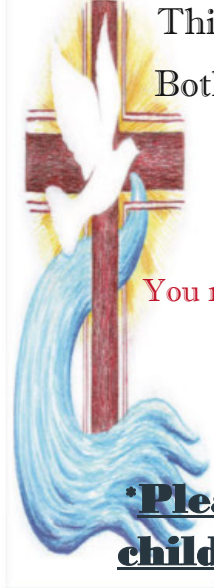


## Saturday, March 19, 2022

8:30 a.m. – 12:00 noon

Thissen Center, room 202-204

Both Parents and Godparents  
have to attend.



You must be registered in the church  
office before  
Wed., March 16, 2022.

**\*Please do not bring  
children to the class\***

Call or e-mail Lety Cordova  
at 281-240-6721

lcordova@stasugarland.com



**ALTAR SERVER SCHEDULE**

**FOR THE WEEKEND OF FEB. 5 & 6**

*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.

Hope Santos  
Joy Santos  
Mary Sabol  
Analiese Lopez

Jesse Isibor  
Nathan Isibor  
Gwen Isibor  
Marae Fernandez


"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



The practice of requesting a Mass to be offered for loved ones, living or deceased, is a beautiful and wonderful part of our Catholic Tradition. Continuing in this long-standing practice, you can remember someone who has died recently or many years ago. But intentions do not have to be just for the dead. They make beautiful gifts for any special occasion: birthday, anniversary, in thanksgiving for a prayer answered, etc. You can also offer an intention for someone who is struggling with a serious illness or other life trauma.

**SATURDAY, JANUARY 29**

8:00 a.m. Dorothy Schroeder †  
5:00 p.m. Thanksgiving for Monteiro Family

**SUNDAY, JANUARY 30**

7:30 a.m. For All Parishioners  
9:30 a.m. Joseph Ty Dinh †  
11:30 a.m. Paul Sefcovic †

**MONDAY, JANUARY 31**

8:00 a.m. For All Jumalon Deceased Family †

**TUESDAY, FEBRUARY 1**

8:00 a.m. Janet Lim Rivera †

**WEDNESDAY, FEBRUARY 2**

8:00 a.m. Eduard Chukwuemeka †  
7:00 p.m. Niam Anicete - Birthday

**THURSDAY, FEBRUARY 3**

8:00 a.m. Willie Alaniz †

**FRIDAY, FEBRUARY 4**

800 a.m. Thanksgiving to the Sacred Heart

**SATURDAY, FEBRUARY 5**

8:00 a.m. Evelina Ocampo †  
5:00 p.m. Eduard Chukwuemeka †

**SUNDAY, FEBRUARY 6**

7:30 a.m. For All Parishioners  
9:30 a.m. Judy Mendez †  
11:30 a.m. Janet & Gilbert Onwukwe †



*We call it learning, they call it fun!*

## Aquinas Early Childhood Center

Who We Are

Seeing a need for high quality early childhood education in the community, St. Thomas Aquinas Catholic Parish rose to the challenge. Licensed by the State of Texas, our degreed teachers, trained in the Reggio Emilia, allow children to flourish.

### About Us

- NCI accepted
- Enrolling from 6 weeks to 6 years old.
- Breakfast, lunch & p.m. snack is included in the tuition.
- 7:30 a.m. to 5:30 p.m., weekdays
- Closed circuit cameras and coded security access

### Contact Us

We want to get to know you! Stop by to see us or contact us to schedule a tour.

Parishioner discounts are available.

12627 West Belfort Ave.  
Sugar Land, TX 77478  
**281-240-7196**

**Now Enrolling for 2022  
with New Year discount!**





## 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

d to complete Safe Haven online training as well: The following individuals below will now be require

- 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:** I've heard people call Jesus' Conception by the Holy Spirit being "immaculately conceived." Is that what the Immaculate Conception is?

**Answer:** While these two events are often confused, they are not the same thing. We celebrated the Conception of Jesus on March 25th, the Feast of the Annunciation. While that was surely miraculous, it isn't what we refer to as the "immaculate conception." The Immaculate Conception is Mary's Conception, and we typically celebrate it on December 8th. If the 8th happens to be a Sunday, the Church moves the feast to December 9th. It is a holy day of obligation. Why does the Church consider it so important to celebrate?

Mary's Conception is immaculate because she was conceived without original sin. The angel Gabriel acknowledges this when he hails Mary as "full of grace" (Luke 1:28). Scripture scholars identify several theological ideas that confirm this. In the Old Testament, the sacred, pristine Ark of the Covenant held the Presence of God. The Presence of God is now held within a new "arc" — the womb of Mary. Genesis 3 also prophesies of a woman who would oppose the devil and whose child would crush the devil's head. Christ is the "New Adam." This passage sets up Mary, then, as the "New Eve." Jesus and Mary are the beginnings of a new creation, one we all can participate in through the grace of our Baptism. After all, God's love is more "original" than our sin!

### CATHOLIC TRIVIA – JUST FOR FUN

**Question:** Who are the three Biblical archangels?

**Answer:** Michael, Raphael, and Gabriel



## PASTORAL ASSISTANT

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

Jane Arinze, Fr. Angelito Baldonado SDB, Fr. John Bosco, Dan Burch, Donna Buczo, Wilda Cali, Alexandro Castillo, Alan Cordova, 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, Victoria Navarro, Fr. Bruce Nieli, Fr. Miguel Obregon, Augustina Odoh, Emmanuel Odoh, R Josephine N. Panis, 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, 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

### 'Bearing the share of the hardship which the Gospel entails'

As Baptized children of God, we all have a share in the blessings of the Gospel as St. Paul stated in **1 Corinthians 9:23**, "I do it all for the sake of the Gospel, that I may share in its blessings". Also, in **Eph 1:3**, we read, "Blessed be God the Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places". Likewise, we also have a share in the hardship the Gospel of Christ requires: **2Tim 1:8** tells us, "Do not be ashamed then of testifying to our Lord, nor of me His prisoner, but to take your share of suffering for the Gospel in the power of God".

Our hardships are few compared to

those of our ancestors in faith. In **Gen 12:1-9**, we see how Abram moved hundreds of miles at age seventy - five, in obedience to God's Commands. Countless Disciples have been martyred for the Gospel. Most of us have not even endured one of the hardships mentioned in a partial list of St. Paul's sufferings for the Gospel recorded in **2 Corinthians 11:23-33**. St. Paul also stated in **2 Corinthians 4:17**, "For this slight momentary affliction is preparing for us an eternal weight of glory beyond all comparison"; and the Lord gives us daily strength and periodic glimpses of His glory so we can persevere (e.g., during the Transfiguration in **Mt 17:2**).

By God's Grace, in the power of the Holy Spirit, we can deny ourselves, take up our cross each day, lose our

lives, and save our lives [for Christ] **[Lk 9:23-24]**. As we sincerely carry out our main Lenten actions of fasting/prayers; repentance and coming back to God; and Alms giving; we can, by God's Grace, be human, free, and supernatural! May we rejoice in self-denial for the Kingdom! The Lord says in **Malachi 3:7**, "Return to Me and I will return to you".

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.





FIND PRACTICAL SOLUTIONS FOR  
SANCTIFYING EVERYDAY CIRCUMSTANCES IN

# James

AN 11-PART BIBLE STUDY FEATURING  
**JEFF CAVINS**



**Dates - Times - Location**

**Begins February 17, 2022**

**Thursday Morning 9-11 am  
Thursday Evening 7:15-9:15 pm**

**In Aldridge Hall**

**Cost - Registration**

**\$30.00 Donation for Workbook**

**For More Information**

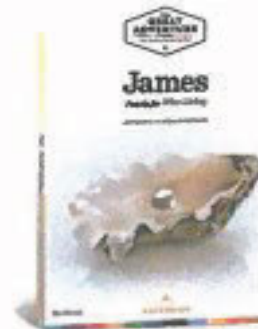
**Pre-registration is requested  
St. Thomas Aquinas  
281-240-6721  
[Dasb@sbcglobal.net](mailto:Dasb@sbcglobal.net)**

Looking for an anchor to hold you steady through the storms of life? Want the secret to finding joy in the midst of trials? Interested in learning to recognize the source of discord and the way to peace? James, one of the most practical books of the Bible, is a collection of teachings on issues faced by ordinary Christians in everyday life.

In *James: Pearls for Wise Living*, presenter Jeff Cavins shows how the teachings of James speak to those of us who feel torn between the competing demands of this world and our faith.

“Once you start learning, he makes you hunger for more. Jeff pulls everything you need to know out of the Bible, and it all starts to make sense like it never did before.”

—Margaret T.



Visit [ascensionpress.com](http://ascensionpress.com) to learn more!



## SUNDAY, JANUARY 30, 2022

Jer 1:4-5, 17-19/Ps 71:1-2, 3-4, 5-6, 15-17 [cf. 15ab]/1 Cor 12:31—13:13 or 13:4-13/Lk 4:21-30

- 7:30 a.m. **4th Sunday of the Ordinary Time Mass, Sanctuary**
- 9:30 a.m. **4th Sunday of the Ordinary Time Mass, Sanctuary**
- 9:30 a.m. Knight of Columbus Corporate Communion, Narthex
- 10:00 a.m. 1st Sacrament Class, TH Second Floor
- 10:30 a.m. RCIA - Adult, TH 202-204
- 11:30 a.m. **4th Sunday of the Ordinary Time Mass, Sanctuary**
- 7:00 p.m. Life Teen, TH Youth

## MONDAY, JANUARY 31, 2022

2 Sm 15:13-14, 30; 16:5-13/Ps 3:2-3, 4-5, 6-7/Mk 5:1-20

- 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. Knights of Columbus Social, ALD Hall
- 7:00 p.m. Liturgy Committee, Siena Room

## TUESDAY, FEBRUARY 1, 2022

2 Sm 18:9-10, 14b, 24-25a, 30—19:3/Ps 86:1-2, 3-4, 5-6/Mk 5:21-43

- 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, FEBRUARY 2, 2022

Mal 3:1-4/Ps 24:7, 8, 9, 10/Heb 2:14-18/Lk 2:22-40 or 2:22-32

- 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, FEBRUARY 3, 2022

1 Kgs 2:1-4, 10-12/1 Chr 29:10, 11ab, 11d-12a, 12bcd/Mk 6:7-13

- 7:40 a.m. Stations of the Cross, Sanctuary
- 8:00 a.m. **Weekday Mass, Sanctuary**
- 9a.m.-8p.m. Adoration, Divine Mercy Chapel
- 7:30 p.m. Choir Practice, Siena Rm

## FRIDAY, FEBRUARY 4, 2022

Sir 47:2-11/Ps 18:31, 47 and 50, 51/Mk 6:14-29

- 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, FEBRUARY 5, 2022


1 Kgs 3:4-13/Ps 119:9, 10, 11, 12, 13, 14/Mk 6:30-34

- 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-C
- 11:00 a.m. EDGE Retreat, TH Youth
- 4:00 p.m. Reconciliation
- 5:00 p.m. **5th Sunday of the Ordinary Time Mass, Sanctuary**
- 6:00 p.m. New Jerusalem Charismatic Prayer Group, AQ B-C

## SUNDAY, FEBRUARY 6, 2022

Is 6:1-2a, 3-8/Ps 138:1-2, 2-3, 4-5, 7-8 [1c]/1 Cor 15:1-11 or 15:3-8, 11/Lk 5:1-11

- 7:30 a.m. **5th Sunday of the Ordinary Time Mass, Sanctuary**
- 9:30 a.m. **5th Sunday of the Ordinary Time Mass, Sanctuary**
- 9:30 a.m. Knight of Columbus Corporate Communion, Narthex
- 10:00 a.m. 1st Sacrament Class, TH Second Floor
- 10:30 a.m. RCIA - Adult, TH 202-204
- 11:30 a.m. **5th Sunday of the Ordinary Time Mass, Sanctuary**
- 5:00 p.m. ICH, Sanctuary
- 6:30 p.m. ICH Reception, ALD- Main
- 6:30 p.m. Confirmation Class, ALD Hall



Are you thinking of becoming a Catholic?

R.C.I.A.

Here at *St. Thomas Aquinas* we host year round Rite of Christian Initiation of Adults (RCIA)

If you are hearing the call and would like to explore the possibility of becoming Catholic, the inquiry sessions are held after the 9:30 a.m. Mass every Sunday. We meet in the Thissen Education Center located directly behind the church on the 2<sup>nd</sup> floor. If you are interested in becoming Catholic and want to know more about the classes, please call **Scott Sabol at 832-265-3473** with any questions.



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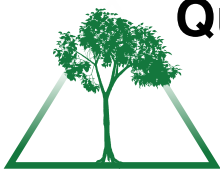
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# VARICOSE VEINS? TIRED AND ACHING LEGS?

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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