



**SUNDAY, FEBRUARY 21, 2021**

# 1<sup>ST</sup> SUNDAY OF LENT



After John had been arrested, Jesus came to Galilee proclaiming the gospel of God: "This is the time of fulfillment. The kingdom of God is at hand. Repent, and believe in the gospel." - Mk 1:14-15





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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**

**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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