

Compression therapy during pregnancy II

“The level of acceptance is good”

In Latvia, pregnant women are looked after by their family physician or by a certified midwife or gynecologist. Dr. Egils Gasins works at the Embrions Center of Reproductive Medicine, a Riga-based private clinic specializing in gynecology, obstetrics, and infertility treatment. He recommends medical compression stockings to many of his pregnant patients.

Dr. Gasins, how does pregnancy affect the veins?

Dr. Gasins: Pregnancy puts extra strain on a woman’s organism, including the leg veins. There are several reasons for this. For example, the increased level of the hormone progesterone, the main purpose of which is to make the tissue in the uterus more elastic, also causes the walls of the blood vessels to become slightly more stretchy, making them more prone to becoming deformed. At the same time, the amount of fluid in the body rises during pregnancy and more blood needs to be transported through the venous system. It is therefore essential



Dr. Egils Gasins, gynecologist, “Embrions”, Center of Reproductive Medicine, Riga, Latvia.

to always keep an eye on a patient’s leg veins during pregnancy and, if necessary, prescribe compression stockings to improve the venous blood return.

When exactly would you recommend wearing compression stockings?

Dr. Gasins: For women who have already experienced vein problems prior to pregnancy or are genetically predisposed to them, I recommend wearing medical compression stockings as a preventive measure throughout their pregnancy and for two to three months after giving birth. And, of course, I recommend them as soon as symptoms such as pain or swelling in the legs arise during pregnancy.



Bauerfeind stockings model Giorgia Pucci chooses VenoTrain micro – including during her own pregnancy.

Pictures: Bauerfeind, private



Certified CME (Continuing Medical Education)

How many of your patients suffer from vein problems during pregnancy?

Dr. Gasins: Around 50 percent of them, probably often those whose activities involve a lot of sitting or – quite the opposite – prolonged standing.

Do you find it hard to persuade your patients to wear compression stockings?

Dr. Gasins: No, the women are generally very open-minded and concerned about looking after their health. The level of acceptance for compression therapy is therefore good. However, in a country like Latvia, where patients have to pay high additional contributions for healthcare, it is sometimes difficult for them to raise the extra funds for this. Here even pregnant women have to pay for compression stockings out of their own pocket.

How important is the way the stockings look to women?

Bauerfeind offers two CME courses to allow physicians to refresh their knowledge in the fields of phlebology and lymphology and collect points at the same time. The first module of the phlebology course, entitled “General Venous Disorders”, by author Prof. Michael Jünger, Director of the Clinic and Polyclinic for Skin Disorders at Greifswald University Hospital, covers the clinical picture, diagnosis, and treatment options associated with general venous disorders. The second module looks at venous ulcers (ulcus cruris venosum) in detail. Up to two CME points can be achieved for each module.

The courses are also ideal as a knowledge refresher.

Prof. Markus Stücker, Managing Director of the vein center at the Dermatological and Venous Surgery Clinic in Bochum, authored the CME course entitled “Lymphedema: Diagnosis and Therapy”, which also attracts up to two CME points. Further information on the courses can be obtained from your Bauerfeind sales advisor.

Dr. Gasins: The stockings currently available don't look any different from conventional opaque stockings. The feedback regarding Bauerfeind's compression stockings in particular has been very positive and they are highly rated by patients in terms of quality.

Do you give your patients any specific tips on wearing compression stockings?

Dr. Gasins: I advise them to put the stockings on first thing in the morning. And it goes without saying that good skin care is important too.

VenoTrain micro and VenoTrain soft

Targeted relief

Wearing medical compression stockings can significantly reduce pregnancy-related symptoms such as leg swelling, ankle edema and the formation of spider veins. The defined pressure profile of the stockings improves the flow of blood through the veins and relieves the venous system. As a general preventative measure, experts recommend prescribing compression class (Ccl) 1 to be worn from the 12th week of pregnancy at the latest. Depending on the symptoms, Ccl 2 may also be appropriate.

For pregnant women, Bauerfeind offers VenoTrain micro and VenoTrain soft as a knee or thigh-high stocking or as maternity pantyhose, with VenoTrain soft available only as a custom-made product. The maternity pantyhose feature an elastic panty area without compression, which stretches as the pregnancy progresses.

VenoTrain micro: soft, versatile, comfortable

The extra-smooth VenoTrain micro compression stocking has a microfiber content of over 50 percent, making it particularly soft and skin-friendly. Thanks to the wide range of color options – with two further batik options even for maternity pantyhose – wearers are sure to find a color that suits their style. The comfort sole has specific pressure relief zones along the heel and the ball of the foot. Elastic expansion zones in the middle of the sole ensure more stability in this area.

VenoTrain soft: with massage effect

Compared to VenoTrain micro, VenoTrain soft is a somewhat more robust stocking that can cope with more demanding

wear – while remaining comfortably soft and kind to the skin. The fine knit is specially designed to gently massage the skin and stimulate circulation – so pregnant women can even treat their legs to a massage. The opaque stocking is available in five colors and in many different styles.

Prescription information

In Germany, medical compression stockings can be prescribed under statutory health insurance for the relevant indications. The products are exempt from budgetary constraints and prescription benchmarks. To increase compliance and treatment success, stockings in Ccl 1 may also be prescribed and charged based on individual patient needs, according to the latest guidelines from the German Society of Phlebology.