



Message for 2019: Chronic venous disease

Slogan: Varicose veins?

- Not just a cosmetic problem !
- No More Venous Ulcers !

**Q1 - Sex**

- Male - 0
- Female - 1

**Q2 - Symptoms:** do your legs ever feel heavy?

- No, never - 0
- Occasionally - 1
- Often - 2
- Virtually all the time (considerable pain) - 3

**Q3 - Symptoms:** if your legs feel heavy, is this heaviness increased by

- I don't have heavy legs / no worsening - 0
- Hot weather - 1
- The pill and hormone replacement therapy - 2
- Systematically when I get my period - 3

**Q4 - Symptoms:** do you ever have swollen ankles in the evening?

- No, never - 0
- Only in hot weather or during long trips by plane, train, or car - 1
- Yes, almost every day, but only in the evening - 2
- Yes, every day, from the morning onward - 3

**Q5 - Your age**

- Under 15 - 0
- 15-29 - 3
- 30-50 - 6
- Over 50 - 9

**Q6 - Heredity:** do you have a family history (father or mother) of varicose veins?

- No - 0
- One parent - 3
- Both parents - 6
- Both parents, one with complications (leg ulcer) - 9

**Q7 - Pregnancy:** how many full-term pregnancies have you had?

- I've never been pregnant - 0
- One pregnancy - 3
- Two pregnancies - 6
- More than two pregnancies - 9

**Q8 - Hormonal imbalance:** do you ever have any of the following symptoms?

- I've never have any hormonal imbalance - 0
- Swollen eyelids and fingers - 3
- Irregular menstrual periods - 6
- Premenstrual syndrome and irregular menstrual periods - 9

**Q9 - Personal history of phlebitis:** have you ever had phlebitis?

- No never - 0
- One episode of phlebitis - 3
- Two episodes of phlebitis - 6
- More than two episodes of phlebitis - 9

**Q10 - Overweight:** do you know your BMI?

- BMI under 25 - 0
- 25-29 - 2
- 30-39 - 4
- 40 and over - 6

**Q11 - Imbalanced diet:** which adjective(s) best describe your diet?

- Balanced and varied: I eat a lot of vegetables, some meat or fish, starchy vegetables, etc, and I keep up to date on the latest news regarding diet - 0
- Home cooking, simple and easy-to-prepare dishes, while trying to follow a balanced diet consisting of vegetables, starch, some meat and fish - 2
- Commercially prepared foods and dishes, frozen prepared vegetables - 4
- Fast food, I go out a lot and eat in fast food restaurants - 6

**Q12 - Muscular fitness:** do you walk, swim, cycle, jog, and/or go to the gym?

- Yes, at least 3 hours per week - 0
- Less than 3 hours per week - 2
- Occasionally (during vacation time) - 4
- Never - 6

**Q13 - Posture at work:** in your opinion, how long do you remain seated, standing, or standing in place during the working day?

- Less than 4 hours per day - 0
- 4-8 hours per day - 1
- More than 8 hours per day - 2
- More than 8 hours per day, plus frequent traveling by car, train, or plane - 3

**Q14 - Tight-fitting clothing:** what type of clothing do you usually wear?

- I mainly wear loose-fitting comfortable clothing - 0
- I mainly wear beltless, single-breasted clothing - 1
- I mainly wear skirts and dresses with a shaped waist or pants with pleats - 2
- I mainly wear form-fitting clothing or tight fitting at the waist and thighs (slim-cut jeans, belts, ankle high tights or stockings, etc) - 3

**Q15 - Plantar aspect of the feet:** do you have any problems with plantar posture?

- No, none - 0
- I have hollow feet or flat feet with no lesions - 1
- I have indirect lesions on my feet (corns, callouses, moderate hallux valgus) - 2
- I have serious lesions on my feet (severe hallux valgus, toe deformities) - 3



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### Auto Evaluation of the Phleboscoring questionnaire

Men	Maximum score: 63
Class I	<21
Class II	21-42
Class III	>42

Women	Maximum score 82
Class I	<27
Class II	27-52
Class III	>52

Philippe BLANCHEMAISON. Testing the potential risk of developing chronic venous disease: Phleboscoring®, Phlebolympology, Vol 23 • No. 2 • 2016 • P 92-101