

DR. LINDA'S VASCULAR BIRTHMARK FACT SHEET

10 FACTS ABOUT KLIPPEL-TRENAUNAY SYNDROME (KTS)



- 1. KTS is a syndrome typically involving a port wine stain (or vascular birthmark stain), as well as bone and tissue overgrowth of a leg, arm, torso or combination.
- 2. KTS has a broad range of symptoms from relatively inactive to severe.
- 3. Primary symptoms include bleeding, infection, and/or pain, and sometimes blood clots.
- 4. Treatment consists of managing the concerns of the patient because there is no known cure.
- 5. Swimming 3 times per week is highly recommended by VBF experts. Swimming promotes a gentle stimulation of blood to circulate properly throughout the body.
- 6. For varicosities involving the leg, keep the leg elevated at regular intervals (15 minutes every 2-3 hours, or every hour, if possible) so that the affected leg is higher than the heart. This allows the blood to flow away from the leg.
- 7. Wear a compression stocking on the affected limb throughout the day. This can keep blood from pooling in the extremity and protect from subtle trauma.
- 8. Pay close attention to your skin and seek medical care at the slightest sign of cellulitis (skin infection).
- 9. A cool bath in a tub with a small portable bath spa or water circulator will have a similar effect to swimming in that it will promote good circulation.
- 10. As with most complex vascular birthmark syndromes, seek the opinion of an expert with experience in treating KTS. This condition requires multidisciplinary expertise including experienced physicians from different fields of medicine



15 MAY
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