

Media Report 06 September 2019, 1 of 1

This weeks media reports will cover and answer great questions veterans are asking such as direction to Current info on VAC's conditions ref Varicose Veins of the lower extremities and Superficial Thrombophlebitis. Information on Canadian Military and Veteran Discounts List and local Media Articles.

Varicose Veins and Superficial Thrombophlebitis

1. Varicose Veins

Medical Conditions Which Are To Be Included In Entitlement / Assessment

- Superficial thrombophlebitis
- Stasis dermatitis
- Venous ulcers

Definition

Varicose Veins of the lower extremities are a dilatation, lengthening and tortuosity of a subcutaneous superficial vein or veins of the lower extremity such as the saphenous veins and perforating veins.

A diagnosis of varicose veins is sometimes made in error when the veins are prominent but neither varicose or abnormal.

This guideline excludes Deep Vein Thrombosis, and telangiectasis.

Diagnostic Standard

Diagnosis by a qualified medical practitioner is required.

Anatomy and Physiology

The venous system of the lower extremities consists of:

- The deep system of veins.
- The superficial veins' system.
- The communicating (or perforating) veins which connect the first two systems.

There are primary and secondary causes of varicose veins. Primary causes are congenital and/or may develop from inherited conditions. Secondary causes generally result from factors other than congenital factors.

Clinical Features

Clinical onset usually takes place when varicosities in the affected leg or legs appear.

Varicosities typically present as a bluish discoloration and may have a raised appearance. The affected

limb may also demonstrate the following:

- Aching
- Discoloration
- Inflammation
- Swelling
- Heaviness
- Cramps

Varicose Veins may be large and apparent or quite small and barely discernible.

Aggravation for the purposes of Varicose Veins may be represented by the veins permanently becoming larger or more extensive, or a need for operative intervention, or the development of Superficial Thrombophlebitis.

Pension Considerations

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1. Causes And / Or Aggravation

The timelines cited below are not binding. Each case should be adjudicated on the evidence provided and its own merits.

Primary causes include:

1. Congenital and/or Developmental

Congenital factors include incomplete or absence of valves, and incompetent fibrous or elastic tissues in the vein wall. Incompetent fibrous or elastic tissues in the vein wall are congenital and developmental.

Secondary (Non-Developmental and Non-Congenital) include:

2. Thrombosis of a deep vein (DVT) draining the affected lower extremity prior to clinical onset or aggravation

3. Complete or partial obstruction of a vein draining the affected lower extremity at the time of clinical onset or aggravation

The obstruction of the vein may occur from trauma, or Superficial Thrombophlebitis, or localized injury to the thigh or leg, or with a neoplasm.

4. Pregnancy at the time of clinical onset or aggravation

Varicose veins must be in existence for a period of at least 6 months immediately following the pregnancy.

5. Having an acquired arteriovenous fistula involving the blood vessels supplying the affected lower extremity at the time of clinical onset or aggravation

An acquired arteriovenous fistula can be caused by injury or surgery.

6. Periods of prolonged standing or sitting: aggravation only

For periods of prolonged standing or sitting to aggravate Varicose Veins, the following criteria should be met:

- Increased signs/symptoms of Varicose Veins should begin during the period of prolonged standing or prolonged sitting; and
- Increased signs/symptoms of Varicose Veins should persist, on a continuous or recurrent basis, for a period of at least 6 months.

Periods of prolonged standing or sitting means long periods of standing or sitting; there is no specific timeframe defined in the literature.

7. Constrictive clothing: aggravation only

Constrictive clothing may impair venous return. Such clothing about a limb may aggravate the affected veins *distal* (furthest from the head) to the stricture, i.e. the affected veins would be removed from and below the stricture. The veins *proximal* to the stricture would not be affected. For example, any tightening of boot laces would normally be imparted down into the foot and not impact on venous return unless the lacing of the foot part remains loose. In that case, veins in the foot could be affected by the stricture above. By way of further example, a proximal stricture midcalf may result in varicosities distal to the stricture in the region of the lower leg but not proximal to the stricture.

8. Inability to obtain appropriate clinical management

2. Medical Conditions Which Are To Be Included In Entitlement / Assessment

1. Superficial thrombophlebitis
 2. Stasis dermatitis
 3. Venous ulcers
3. Common Medical Conditions Which May Result In Whole Or In Part From Varicose Veins And / Or Its Treatment

2. Superficial Thrombophlebitis

MPC 00730

ICD-9 451

Definition

Superficial Thrombophlebitis is an inflammation of a vein associated with thrombus (clot) formation.

Superficial Thrombophlebitis is a common complication of Varicose Veins and is accepted as part of the disability without a separate ruling.

This guideline excludes Deep Vein Thrombosis.

Diagnostic Standard

Diagnosis by a qualified medical practitioner is required.

Anatomy and Physiology

The superficial veins' system runs in the fatty layer between the skin and the fibrous layers surrounding the muscles (fascia). The veins are not supported by a resistant structure and so can dilate and elongate and become varicose.

Clinical Features

Clinical onset usually means the appearance of Superficial Thrombophlebitis in the affected leg or legs. The affected limb may demonstrate the following:

- Pain
- Aching
- Cramps
- Swelling
- Inflammation
- Erythema

Pension Considerations

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- [A. Causes And / Or Aggravation](#)
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The timelines cited below are not binding. Each case should be adjudicated on the evidence provided and its own merits.

1. Causes And / Or Aggravation

1. Venous stasis at the time of clinical onset or aggravation

Venous stasis should occur at the time of the thrombophlebitis. Venous stasis can result from such factors as limb immobilization and venous obstruction.

2. Inflammation of veins at the time of clinical onset or aggravation

Inflammation of veins should occur at the time of the thrombophlebitis. Inflammation can result from such factors as infection and toxins.

3. Hypercoaguability prior to clinical onset or aggravation

Hypercoaguability can be permanent or temporary.

Permanent hypercoaguability:

Permanent hypercoaguability can result from various factors, including cancers. *For permanent hypercoaguability to cause or aggravate superficial thrombophlebitis, signs/symptoms of superficial thrombophlebitis should develop during the period of hypercoaguability.*

Temporary hypercoaguability:

Temporary hypercoaguability can result from medications. *For temporary*

hypercoaguability from medication to cause or aggravate superficial thrombophlebitis, the following criteria should be evident:

- The individual should be on the medication for approximately 1 week; and
 - Signs/symptoms of superficial thrombophlebitis should develop while on the medication or within 2 to 3 days of discontinuation of the medication.
4. Inability to obtain appropriate clinical management
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 - 4.

Veterans Questions

- **Are survivors and surviving dependent children eligible for the Pension for Life?**
- **Yes survivors and surviving dependent children are eligible for two of the Pension for Life benefits, which are: the Pain and Suffering Compensation; and the Income Replacement Benefit.**

Is Veterans Affairs Canada taking anything away from survivors through the Pension for Life?

No, the Department is committed to supporting members, Veterans and their survivors. Through the Pension for Life, Veterans Affairs Canada is increasing survivors' eligibility for financial benefits through the Income Replacement Benefit and is increasing the amount that is payable to them from 50 to 70% (for details see next question).

What can survivors and surviving dependent children receive under the Income Replacement Benefit?

Eligibility for survivors and surviving dependent children to benefits has increased through the Income Replacement Benefit, and the amount they will be paid has also increased.

For example, if a Veteran in receipt of the Income Replacement Benefit dies before age 65 of non-service related causes, the survivor and surviving dependent children will be eligible for a lump-sum payment equal to 24 months times the amount the Veteran received in the month before he or she died.

Currently, the survivor and/or surviving dependent children do not have access to benefits if the Veteran was in receipt of short-term Earnings Loss, and survivors are only eligible for the Supplementary Retirement Benefit if the Veteran was in receipt of long-term Earnings Loss.

If a Veteran dies after age 65 of non-service related causes, survivors and surviving dependent children will be eligible for 70% of the Veteran's post-65 Income Replacement Benefit.

Currently, survivors are only eligible for 50% of the Veteran's post-65 Retirement Income Security Benefit and surviving dependent children are not eligible for the Retirement Income Security Benefit.

If a member or Veteran dies before age 65 of service-related causes, the survivor and/or dependent children will be eligible for the same Income Replacement Benefit that the Veteran would have been eligible for until age 65. After age 65, the survivor and/or dependent children will receive 70% of the benefit the Veteran would have been eligible to receive which is payable for life (this is an increase from the current 50%).

If a Veteran dies after age 65 of service-related causes, the survivor and/or surviving dependent children will receive 70% of the Veteran's post 65 Income Replacement Benefit (70%) which is an increase from the current 50%.

Division of the Benefit

If an Income Replacement Benefit is payable to a survivor and/or surviving dependent children, the following rules apply to the division of the benefit:

If there is a survivor but no surviving dependent children, the survivor will receive 100% of the Income Replacement Benefit.

If there is a survivor and one or more surviving dependent children, the survivor is entitled to 50% of the Income Replacement Benefit and the surviving dependent children, as a group, are entitled to 50% of the Income Replacement benefit divided equally between them.

If there are one or more surviving dependent children but no survivor, each of the surviving dependent children is entitled to the amount obtained by dividing the Income Replacement Benefit by the number of surviving dependent children.

What can survivors and surviving dependent children receive under the Pain and Suffering Compensation?

Survivors and surviving dependent children have the same eligibility that they have now with the Disability Award.

For example, if a member or Veteran in receipt of a monthly Pain and Suffering Compensation payment dies, the survivor and dependent children would receive the remaining balance as a lump sum.

In addition, the survivor and/or surviving dependent children can apply for any Pain and Suffering Compensation that the member or Veteran did not apply for when alive. This compensation will be paid to survivors and dependent children as a lump sum amount.

What can survivors and surviving dependent children receive under the Additional Pain and Suffering Compensation?

Survivors and surviving dependent children are not currently eligible for the Career Impact Allowance. This eligibility will not change when the Additional Pain and Suffering Compensation comes into effect. Therefore, survivors and surviving dependent children will not be entitled to the Additional Pain and Suffering Compensation.

The prestigious Vimy Gala is held at the Canadian War Museum on November 8th.

The Vimy Gala is a black-tie cocktail and dinner held annually since 1991 in Ottawa to honour Canada's fallen heroes in the context of the Remembrance Day activities held across the country. The Gala brings together active and retired members of the Canadian Armed Forces alongside future officers currently enrolled at the Royal Military Colleges, as well as industry and government leaders and international guests of honor. It will be an evening to remember and to reflect upon the sacrifices many have made for our nation and for the sake of building a more just and prosperous world. It is also a celebration of Canada and men and women who serve.

The Gala is also an opportunity for defence professionals to recognize outstanding individuals in our community, whose courage, vision, and achievements inspire us all. To that end, we present the Vimy Award to a Canadian who has made an outstanding, lifelong contribution to our national security and defence and to preserving our democratic values.

Past recipients include Her Excellency Adrienne Clarkson, the Honourable Bill Graham, General Rick Hillier, and the Right Honourable Joe Clark and the most recent laureate, LGen Christine Whitecross (2018).

<https://cdainstitute.ca/wp-content/uploads/2019/09/Vimy-Gala-Sponsorship-Prospectus-2019.pdf>

Canadian Military and Veteran Discounts List

Good info if you plan to do your vacation in the cooler weather this Fall. (lots of savings)

Canadian Military and Veteran Discounts List The Dealhack Canadian Military and Veteran Discounts List is the result of our quarterly survey of brands that offer discounts to all members of the Canadian Armed Forces. Every 3 months, our team independently verifies each and every discount on this list. We also add more brands to the list regularly when we come across them. The list currently includes more than 80 brands conveniently broken down into 10 categories. You can also save or print the list to use as a handy reference. Download the Canadian Military & Veteran Discounts List in PDF format here.

Note that in addition to the discounts listed below, many businesses offer informal discounts to military personnel and veterans across Canada. When buying something, always be sure to ask the store associate about whether or not they offer military or veteran discounts. Go to:

Discount Programs, Retail, Vacation & Travel, Transportation, Entertainment, Health & Fitness, Financial, Pet & Animal Care, Food & Restaurant, Technology

<https://dealhack.ca/wp-content/uploads/Canadian-Military-Veteran-Discount-Guide.pdf>

[Ex-Combat Engineer applies Army skills to Parliament's Centre Block rehabilitation](#)

Canadian Army

A former Canadian Army (CA) member says the military experience was ideal preparation for his current work as a project manager on the rehabilitation of Parliament Hill's Centre Block. Second Lieutenant (Retired) Yueshuang Zhu served with the CA as a Combat Engineer for five years, beginning in 2012, and spent two years at 5th Canadian Division Support Base Gagetown with the Canadian Forces School of Military Engineering (CFSME). [READ MORE](#)

[Green firing ranges: A new bullet catcher prototype deployed in Valcartier](#)

DCC at Work

For several years, the Canadian Armed Forces have been working to counter lead contamination on garrison firing ranges. To develop a sustainable solution, the team of scientists from Defence Research and Development Canada (DRDC), the Department of National Defence (DND) and Defence Construction Canada (DCC) recently made improvements to the latest versions of bullet catchers. [READ MORE](#)

[Faces of the 5th Canadian Division: Sapper — Sarah Duncan](#)

The Maple Leaf

Hometown: Kingston, Ontario

Years of Service: 1 year, 6 months

Home unit: 4 Engineer Support Regiment part of the Canadian Combat Support Brigade [READ MORE](#)

[La majore-générale Jennie Carignan se prépare pour l'Irak, où la menace de Daech ressurgit](#)

Radio-Canada

Promue au grade de majore-générale il y a près de deux semaines, Jennie Carignan, la militaire de plus haut rang au Québec, s'apprête à s'envoler en novembre pour l'Irak, où elle prendra la tête du commandement de la mission d'entraînement de l'OTAN. En pleine préparation physique et culturelle, elle fait part de ses priorités à Radio-Canada. [LIRE PLUS](#)

[Canadian-trained all-female military unit going through paces in Jordan](#)

RD News Now

As thousands of troops from more than two dozen countries kick off an annual military exercise in the Middle Eastern country of Jordan amid heightened tensions between the West and Iran, Canadian trainers hope an all-female platoon of Jordanians they've been working with for nearly a year are ready to be deployed. "It's one of the key marks to evaluate where they're at, if they're ready to go and how the training has benefited them," said Master Warrant Officer Lisa Kachanoski, who has been working with the Jordanians since the fall. [READ MORE](#)

[Canada stands ready to assist hurricane-stricken Bahamas, say officials](#)

Radio Canada International

Ottawa has dispatched federal government officials to the Bahamas to assess the situation as the Caribbean island nation ramps up rescue efforts in the wake of a devastating hurricane that killed at least seven people and damaged or destroyed thousands of homes. Airports were flooded and roads impassable after Hurricane Dorian, the most powerful storm to hit the Bahamas in recorded history, parked over Abaco and Grand Bahama islands, pounding them with winds up to 295 km/h and torrential rain before finally moving into open waters on a course toward Florida. [READ MORE](#)

[L'opération NANOOK 2019 s'achève](#)

45e Nord

L'opération (Op) NANOOK, opération annuelle de souveraineté du Canada dans le Nord, prendra fin sur une note positive le 13 septembre prochain. Cette activité est menée dans des collectivités et des

endroits dispersés dans l'Arctique canadien, y compris au Nunavut, au Yukon, dans les Territoires du Nord-Ouest et dans le passage du Nord-Ouest. L'opération de cette année comprenait les Forces armées canadiennes (FAC), d'autres ministères et organismes gouvernementaux, des partenaires nationaux et internationaux. [LIRE PLUS](#)

[Grief, gratitude expressed in Kandahar Cenotaph rededication](#)

The Maple Leaf

There was sadness and grief in the air as military leaders and government officials joined with the loved ones of Canada's Afghanistan Fallen to rededicate a memorial to their sacrifices, but also a clear message from the people of Afghanistan: it was not in vain. The Kandahar Cenotaph was designed and built by Canadian soldiers in Afghanistan. It was returned to Canada in 2011 and is now permanently housed within the Afghanistan Memorial Hall at National Defence Headquarters (Carling) (NDHQ (Carling)) in Ottawa. [READ MORE](#)

[50-kilometre Mountain Man race winds through Edmonton river valley](#)

Global News

It's an amazing feat of strength and endurance: the annual Mountain Man exercise, including about 250 Canadian Military soldiers, recently wove its way through the Edmonton river valley. "They first ran a 32-kilometre route up and down the river valley with a 15-kilogram rucksack on their back, 35 pounds," said Maj. Nathan Korpala, with the 2019 Mountain Man. [READ MORE](#)

[Le Canada va renvoyer des militaires au Mali](#)

La Presse

Les Casques bleus canadiens vont mettre un terme à leur mission au Mali samedi et commencer à rapatrier leurs hélicoptères et leur équipement après plus d'un an de présence militaire dans ce vaste pays d'Afrique de l'Ouest. Pourtant, leurs remplaçants roumains, qui ont commencé à arriver au Mali avec l'aide d'un avion de transport des Forces canadiennes, ne devraient pas être prêts à effectuer des missions avant la mi-octobre. [LIRE PLUS](#)

[Parliament Hill was 19th century military headquarters for Rideau Canal construction](#)

Canadian Army

Although Parliament Hill may now bring to mind the Parliament Buildings, the Peace Tower, the Changing of the Guard ceremony and the Canada Day fireworks, it was once called Barrack Hill and was the headquarters for the construction of the Rideau Canal. For the past few years, a series of archaeological digs have uncovered remarkably well-preserved remains of military buildings and a huge number of artifacts from that time almost 200 years ago. [READ MORE](#)

[Video: Military, Kingston and provincial police partner in training exercise at CFB Kingston](#)

Global News

Military police, Kingston Police and Ontario Provincial Police are participating in a training exercise at CFB Kingston. The aim of the exercise is to give the three police forces an opportunity to work together and improve coordination between the organizations. [WATCH NOW](#)

[Yokota AB hosts Pacific Unity
2019](#)

U.S. Air Force

As the dust settled and the concrete solidified, where once was a crater now stands a repaired airfield ready for use. With Pacific Unity 2019 coming to a close, civil engineer squadrons from throughout the Pacific will have the knowledge and tools needed to ensure their respective airfields can get up and running after an attack, putting planes in the sky and keep the mission ongoing. [READ MORE](#)