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Lower leg discoloration

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Swelling in the lower legs - known as â € ™ â € "Lower end edema â € â € œThe is a problem that often affects the elderly. The good news is that most of the time, it is boring, but not very dangerous. However, in other cases, swelling in the feet, ankles or legs may be the sign of a new health problem, or a criant condition worsens. And even if it is an â € "benignamic" and not related to a dangerous health condition, the edema can be a large risk factor for the breaking of the skin and The reduction of mobility in aged adults. Since the swelling of the leg becomes as common as people age, in this article, we will demystify leg edema and cover the most important things that older adults and families should know about this condition . In particular, let's cover: How does Edema happen? Common causes of swollen ankles or legs on aging drugs for adults who can cause swelling of leg as a side effect as swelling of leg should be medically evaluated as preventing and treating the swelling leg to know before going in A pulp ". Does Edema happen? Noto we noticed the edema when our shoes are very tight, or we receive marks in our ankles from our socks. But what is really happening inside the body? Edema happens when the fluid moves outside the blood vessels and for what he called the interstitial spaces of the body. These spaces are a call too, sometimes the extra-vascular space (which literally means only outside one of the vessels of blood), and is basically the hospital space among the Squires, olols and parts of the body. Despite doing I think of blood vessels as being a waterproofan, physically they are more like a semi-permeable membrane, made of blood cells from the blood vessels that are usually close to each other, and itams Small amounts of fluid to move forward and back. If more fluid than habitual passes out of blood vessels, and this happens in the legs or near the surface of the body, it seems that a swollen or swollen area under the skin. The fluid can move to interstitial spaces and cause edema for some different reasons. The most common causes are Ã ¢ â € "Blank vessels: Ã € Sometimes the cells of blood vessel nÃƒÂ £ They are together with the strongest they should. This can allow the molems of fluid flow through the connections between the blood vessel (as gaps between the bricks on a wall). This can happen due to severe infection or inflammation, among other things. Low protein levels Blood: Proteins, such as albumin, help maintain the fluid within the blood vessels. This is because the blood protein molems exercise a piercing agent pressure (also called oncotics pressure) that helps retain The fluid inside a blood vessel. If the protein levels fall into the blood vessel, even if the blood vessel membrane is intact, the fluid moves off the vein or articles to equalize the osmotal pressure through s of the membrane, and this creates edema. Some causes of low albumin levels in blood I There are certain types of renal disease, disease of the mutate, and malnutrition. Overload of fluids: If there is more fluid than usual in the blood vessel, it becomes carcass. The extra fluid will then end the wall of the blood vessels because of high hydrostatic pressures. Normally, our kidneys regulate the body fluid levels by adjusting the amount of water and salt that are excreted or retained. But if these mechanisms fail or are overwhelmed, edema is often the result. When we look at common causes of edema, keep these different mechanisms in Mind.ã, the cause of the edema will play an important role in decision on the best course of treatment. Which are the most common causes of edema in the legs by far, the cause Common edema in the legs is the crown venous insufficiency, but there are some other causes that are critical to discard. Crystal venous insufficiency This is the cause in about 70% of the elderly with leg edema. To understand Cryna venous insufficiency (CVI), we must first cover how the veins work. Veins are the blood vessels that return blood to the so that it can be pumped into the lungs and oxygenated. Veins do not have muscles in their coatings as arthers do; Instead, they count on a velvet system to keep the blood back flowing. Over time, these vows becomes less effective, and blood can hang around the veins longer than the need for Ã ¢ phenomenon called venous insufficiency. When venous insufficiency becomes critical, this can cause varicose veins and / or edema due to existence of extra fluid in the veins. Venous insufficiency can end up causing phlebitis (inflammation of veins), skin ulceration (wounds and wounds) and sometimes cellulite (skin infections). CVI is common, affecting about 7 million people around the world and causing 3 million to develop in venous languages, the most common type of legs. The cost of ulcersan, venous for the health system of us is estimated at a 2 to 3 billion dollars per year. Risk factors for CVI include: Advance History Age Prolonged Family of Obesity Smokers Sedentarism Bottom Trauma Trombosis Venosa Prior (Blank Sandings in the Veins) In the section on the treatment, IA will explain how to manage Edema Due to CVI and share tips on reducing complication risk. Keep in mind that the swelling leg is something that people live with a credited base and rarely is completely cured. The goals of a treatment plan are reducing edema, avoiding the discoloration And thinning of the skin and prevent or heal wounds on the skin. Congestive cardiac insufficiency (CHF) is the most common cause of generalized edema (affecting legs, abdomen and sometimes the bottom of the back and even greater on the body), and one of the Main causes of leg edema. Cardiac insufficiency is a term we use when the cardiac's muscle is weakened and not pumping the blood in an effective way as it failed should.ã, heart is often described as a right of the sidedan or a left-sided ¢ depending on which heart of the heart is more affected.ã, to a congestive part ¢ refers to the reflux of blood for the veins in the lungs (if it Â ¢ s Â ¢ left-sided) or the legs or bottom of the body (if-sided). Some people have right card insufficiency and left side. In ChF, there are congestion of fluids in the veins, but that are not all about Story.ã, when CHF is cránica, which lasts more than a few weeks, it reduces blood flow to the kidneys, And they respond by causing the salt and fluids in the body. This is a particularly important factor when it treated the edema associated with congestive cardiac insufficiency. In CHF, the edema in the lungs, or pulmonary edema, can be much more difficult to live; which usually causes shortness of air, coughing, and shortness of air when lying down to sleep. CHF treatment often involves diuric drugs (also known as PillsÃ ¢ â € to alleviate symptoms. Some commonly used diurances for CHF include furosemide, spironolactone and metalazone. Diurances dosing often It must be managed a carefully to minimize the potential side effects of low arterial tension, potassium depletion, dehydration and renal injury. People living with CHF are usually advised to restrict the ingestion of liquids and daily salt, weigh frequently, and adjust the water pulp daily depending on its weight, along with regular bloodwork. In this article, we will enter more Details about CHF, as ita Ãºº complicated topic for the first. The main thing you should know is that if you want to be worried about swelling in the legs in an older person, Ita is important to find out if they have a historic of heart insufficiency problems or D And heart, especially if they are also reporting symptoms of shortness of breath. medication related to Edema Some medicines C one cause or aggravate swollen legs.ã, or make them worse.ã, in most cases, medicines increase the retention of liquids and salt, making the edema, but for some such as dihydropyridine channel channel blockers (such as amlodipine) the capillaries are Leakier, and in the Cases, the exact mechanism for edema £ o Ã © known. Ã © below a list of drugs that can cause edema. Drug antihypertensive Beta Blockers Blockers cÃ¡lcio channels Clonidine Hydralazine Minoxidil Methyldopa Progesterone Progesterone Hormones Hormones CorticosterÃ³ides Other new or worse leg swelling should always request an Evaluation £ © mÃ the tip, to ensure that the inchaÃ§ the sampler is the £ due to a side effect of medications. (To learn more about medications to avoid in aged adults, read this article: older adults should avoid or use with caution). HepÃ¡tica disease in cirrhosis of fÃgado, edema may occur in the lower limbs or, more commonly, located to the belly (called ascites). The fÃgado Ã © where the body makes albumin, a major component of blood protean, but cirrhosis, fÃgado the damaged in the £ can further maintain the proper produÃ§Ã £ albumin and other Proteins key. The resulting blood levels resulting from the mean protean vazarÃ¡ fluid into the interstitial spaces, which can cause edema and swelling tamba © m perceptÃvel belly. The optical diurÃ © Ã can be used to help people with cirrhosis, and sometimes abdominal drainage of ascites © performed with a deed £ £ Careful hurry arterial and equilÃbrio eletrolÃtico. A kidney disease called renal condiÃ§Ã £ sÃndrome nefrÃ³tica estÃ¡ associated with protean leaking urine. This can cause swelling in the legs and other body parts. A dipstick urine normally checks the protean urine, and a £ Checking the more precise can be made of a atravÃ © s urinÃ¡lise. Lymphedema Although most of the body fluids move atravÃ © s sanguÃneos vessels of the body tamba © m has a network linfÃ¡ticos vessels, which we will connect to and move linfÃ¡ticos Ca © cells and the fluid system imunolÃ³gico atravÃ © s body. Lymphedema means swelling caused by fluid overload in linfÃ¡ticos vessels, do the £ veins. When there is too much fluid to drain linfÃ¡tico system, or not enough capacity in £ linfÃ¡ticos channels, Ã © swelling results. The lymphedema Ã © more often associated with a story of cÃ ¢ ncer surgery and / or lymph node and usually affects a limb, rather than both. Seventy percent of prÃ³stata survivors and cÃ ¢ breast ncer experience lymphedema as 80% of those with severe obesity. This type of edema Ã © treated raising the limb as much as possible, the use of Compression clothing £ o, a special type of decongestive massage or microsurgery to improve linfÃ¡tico system. Of note, treatment with toxic DiurÃ © (Ã ¢ ¬ Water Pills Ã ¢ ¬) on £ â © generally effective. As the leg swelling Ã © medically evaluated what to say to his mÃ © dico of leg swelling if you notice new or worsening the swelling of the leg, Ã © important to let your health care provider know so that It can be assessed. The mÃ © physician should check if you do the £ are suffering from a potentially serious problem (such as one involving the coraÃ§Ã £ o, kidney or fÃgado), and generally will attempt to determine what is causing the inchaÃ§ the leg. Questions mÃ © physician will probably ask include: how long HÃ¡ edema was lÃ¡? Ã affecting both legs equally, or one more than the other? Is it painful? (Venous edema can cause pain, lymphedema Ã © painless) drugs that are being taken the £? Some recent mudanÃ§a? It is best overnight? Or £ elevaÃ§Ã the leg? Any shortness of breath? Any difficulty lying? Of course, they Tamba © m want to take a complete story of health, whether you already had cÃ ¢ ncer, the Radiation £ or surgery to his foot © LVIS or legs, and any known problem, hepÃ¡tico or kidney. Signs that the Evaluation £ most urgent leg swelling can be Required certain signs and symptoms should request a Evaluation £ most urgent. They include: Symptoms of Breathing- £ o: shortness of breath, coughing and difficulty breathing when lying down can be indicative of pulmonary edema, CHF or other If a person has these symptoms along with the swelling of the leg, they should seek medical attention immediately. Swelling on one side only: most causes of the described swelling described It will make both legs to be affected, so if only one leg is swollen, it can be caused by: a blood coat, which usually makes ill limited on the leg, but could break and travel to the lung, causing severe disease or death, even, blocking infection related to a tumor (of course, if a person has already had a blood level or injury to one leg, it may seem very different from Another leg and swelling can be chronically as well, so it needs to be considered as well.) Pain: Most of the time, edema due to CVI is painless, although some people experience discomfort similar to a sore tiredness .Ã, severe or significant pain should not be ignored. In particular, a sustained pain in the legs or chest is a reason to seek help without hesitation. Your doctor will make your doctor will check if there is corrosion, pressing carefully over the swollen area. Corrosion occurs when the pressure for the swollen leaves a little depression behind for a few seconds for minutes.ã, most causes of edema are putting, but if there are no sting that would think about lymphedema or a fat depochus (Lipedema). A close examination of the legs Ã © vital to see if hÃ¡ varicose veins, £ descoloraÃ§Ã the skin, Ãºlceras or sores on the skin, and skin dryness.Ã If the legs appear to be different from each other in size, its METHOD can measure both members to see if there are true asymmetry. It Â ¢ s also important to take a heart and lung exam. Expect your doctor to hear the sounds of breath and sounds of the heart, and to check your wrist and arterial pressure. The physicians will often examine the belly, to feel the tender and also make sure they don t see edema signs off the legs. and potential additional tests Evaluation £ base it on what to say to the mÃ © dico, her Landmarks mÃ © dico past, and that the mÃ © dico notes atravÃ © s phasic examination, the mÃ © dico irÃ¡ then , determine if the additional test is required. The tests that can be ordered include urine analysis (looking at protein in urine), creatinine (a renal function), TSH (some tyright conditions lead to edema), glucose, An albumin (the main protein found in the blood) and tests of the hepatic function can be ordered. (For more information on blood tests, see Laboratory Testing Comprehension: 10 blood tests commonly used for older adults.) Card capacity testing can be a part of the work-up, as well as A turbid radiography to look for an enlarged cardacy or liquid in the lungs, or an echocardiogram, which is an ultrasound study to look at the cardboard câms and muscle contractility. Dive-D is a blood test that can help detect a blood coat, and a leg Doppler ultrasonography can usually find a deep vein thrombosis es ¢ a common cause of swelling in just one leg. If your doctor is looking for deeper causes to explain swelling in the legs, they can forward it to a sleep apnorous Study sleep., If not treated, it can take Card insufficiency on the right side we mentioned earlier. It is also possible that your doctor can not feel the need to ask for additional tests. Especially if Bloodwork has been done in the last months and if the symptoms and examination adjustment with crystal venous insufficiency, it may be reasonable for the doctor to proceed with the treatment for this condition. As swelling in the legs is treated as already mentioned above: Most of the time, swelling in the legs in an older adult is caused by venous involvement (IVC), a problem with leg veins Do not do adequate blood work return to the heart. What to know Before starting a water Pilla Ã ¢ For the foot or swelling in the ankle you can think that a diuriter (the water pilla Ã ¢) will help, and they They are often prescribed for this purpose. However, Researchã, showed that they often did not help a lot, probably because they do not really approach the underlying issue, which is weak veins in the veins and local liquid overload. In addition, the diurances in older adults can easily cause side effects, such as blood pressure Dehydrationã, low, low low levels and constipation. They also increase micir, which can cause or worsen urinary continuation problems. (For more on these questions, see how to prevent and treat dehydration in adult aging and urinary incontinence in aging.) How to treat cristically venous insufficiency in aged adults, then before starting a Water pulse, be sure to make your doctor about the cause of your swelling leg and consider to try these strategy first: raise your legs: Lift your legs to at least the level of your heart For 30 minutes 3 or four times a day - this habit uses gravity to help the veins drain the blood veins to drain the blood veins of the lower limbs to return to the heart for circulÃÃÃ £ Q. Use socks: compression socks with low pressure (15-20 mmhg of pressure) are readily available in many drugstores and are not very difficult to put and wear out. The socks have higher ankle pressure that gradually reduces the highest leg goes. Those with more moderate to severe edema may need to be especially measured and installed for compression socks, which may require a prescription. Reducing salt intake: salt (aka sober) can worsen edema by promoting fluid retention. Lowered salt intake can also reduce the risk of high pressure. Hide the Salshaker and avoid processed food and survey. Exercise Calf Motherlands: Walking and pumping your calves is recommended to reduce the symptoms of the CVI and accelerate the healing of olceras if it is present. Other Treatment Options for Venous Insufficiency Crystal Poisonous Agents: These are compounds that act in a variety of ways to relieve the symptoms of CVI. They improve venous tone, improve lymphatic drainage, combat inflammation and increase blood viscosity. Examples are extract of chestnut seeds, micronized purified flavonoid fraction (MPFF) and Pycnogenol. A large revision of scientific studies of venatum agents have shown that they can reduce swelling. Skin Care: This can not help in edema, but is a christian step to avoid olcerous (skin wounds), which can occur as a complication of CVI. CAUTION OF THE AFRENDER: Skills in the legs and CVI's feet can be christmas and difficult to treat. A specialized wound service team is often consulted to advise on any topical treatments or surgical procedures that can help in cure. All measures to reduce edema described above will help with the prevention and cure of omn. Once again, the goal of treatment is to manage symptoms and avoid other problems, such as oms and discomfort. Most older adults can treat their leg swelling with some of the strategies described above and maintaining their usual activities and quality of life. Treatment of the leg edema of other causes If the edema is not due to the CVI, the target treatment plan the underlying problem, is cardiac insufficiency, a collateral effect of medication, a renal question or disease The of the Boyfriend. Take-home messages about swelling of the leg: edema (or swelling) of the lower limbs is common in older adults. The most common cause (about 70%) of the leg edema is due to the venous shortcomment (CVI). Other serious causes of edema include congestive cardiac insufficiency, renal disease and hepatic disease. It is always not forgetting to be evaluated for swelling new or worsened leg to ensure that one of these more serious medical problems are not hand. If the swelling of the leg is present only on one leg, or if there is a lot of pain, or if you notice other symptoms along with the swelling of the leg (shortness of breath, chest pain, cough or difficulty in Breathing when lying down), this could be a sign of an urgent problem that needs medical attention immediately. But again, most of the Swelling in aged adults is credential venous insufficiency. The ideal management of this crystal condition includes â € ™ â € ‡ Lifestyle Ã â € â € "Meditate, how to raise legs regularly, using compression socks , reducing salt intake, and making exercises that improve the movement of fluids in the legs. It is important to get help from your health providers to manage the CVI, because without treatment, can complications as Ãºlceras (skin wounds), infections and reduÃ§Ãµes quality of life. Medicines DiurÃ © ticos (Ã ¢ â ¬ Å Parifa clear waters of Ã ¢ â‚¬â) Ã sometimes can help - reduce edema of CVI, but the side effects can be sÃ © rivers: the £ desidrataÃ§Ã , depletion of potÃ¡ssio, incontinÃªncia urinÃ¡ria and the rush £ low blood. Enta £ o the geriatricians recommend using these drugs with caution in older adults. They Tamba © m at the £ sÃ £ o a substitute for lifestyle measures listed above. To learn more about edema, here is the some £ Ãºteis links: If you have swollen legs, youÃ ¢ £ nA the estÃ¡ alone and there are Estrata © gies that you can use without medications to reduce the symptoms of edema.Ã like everything else, be consistent Ã © key. I love to hear about your Experience with the swelling of the leg and that you found it useful to be, or any thoughts about topics for future blog articles. Please leave a review on down and join our Ã £ discussÃ list it so that you get T Miss another article! Dr. Nicole Didyk Ã © one geriatrician accredited in CanadÃ¡ and a regular expert contributor to a better health While Aging. You can learn more about her by visiting her site tewrinkink.ca, or her aging health channel on YouTube. YouTube.

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