

Is Leg Swelling A Critical Situation?

Have you experienced that your socks are tight and your pants feel snug? Leg swelling can occur in any part of the legs, including the feet, ankles, calves, and thighs (mostly in lower legs). Leg swelling can result either from fluid buildup (fluid retention or edema) or from infection in injured or diseased tissues or joints.

Many of the causes of leg swelling, such as an injury or continued standing or sitting for a long time, are simple, easily known, and no reason for concern.



What are the causes of Swollen Legs?

Here are the following reasons for [swollen legs](#):

- **Obesity:** Overweight or obesity involves an excessive amount of body fat. An additional amount of body fat involves the leg and abdominal veins, pooling the pressure within the blood valves and thus your legs become swollen. In additionally it increases the risk of other diseases and health problems, such as heart disease, diabetes, high blood pressure, and certain cancers.
- **Sitting or standing for a long time:** nowadays people are more likely to do desk jobs and sit for a long period. Thus your legs may be swollen. Because long time inactivity in the muscle can cause blood pooling in the lower legs. So it is good for you to take breaks or walk for a short time to reduce swelling.
- **Heart Disease:** when a person is experiencing a swollen leg, it is likely to happen for them to suffer from heart complications. In this situation, your heart is weakened thus the blood pump is less so blood is not flowing properly, thus this may risk heart disease.
- **Kidney Disease:** When leg swelling is painless. It is a common symptom of chronic or severe kidney diseases.

- **Pregnancy:** Swelling of the legs, ankles, and feet is normal during pregnancy. Sudden or excessive swelling. However, a serious condition in which high blood pressure and protein in the urine develop after the 20th week of pregnancy. It is needed to consult with your doctor if you have leg swelling because this creates sometimes a critical situation.



- **Venous insufficiency:** Enlarged swelling veins sometimes cause swelling. [Venous Insufficiency Symptoms](#) is the early **Feet Swelling Symptoms**. In this situation, blood can't flow to the heart properly. And thus veins occur. If you experience symptoms of venous insufficiency you should see your vein doctor.
- **Medication side effect:** Sometimes the medicines or the salt in the medicine can't suit your body that can cause feet, ankles, or swollen legs.

Swollen legs, ankles, and feet are common, and not the time they need concern for a doctor. But when they serve the following symptoms could signal a serious health problem:

What you might experience in Leg Swelling Symptoms?

- leg pain
- Leg pain after sitting or standing for a long time period
- pain, pressure, or tightness in the chest area
- Numbness, redness,
- Itching, rash
- Shortness of breath, and
- Ulceration of the skin.
- Dizziness
- Confusion
- Feeling lightheaded or faint
- Trouble breathing or shortness of breath

Seek emergency medical care if you have leg swelling and any of the above signs or symptoms.