

What is the Cause of Poor Circulation in the Legs?

Despite being considered issues faced primarily by older adults or senior citizens because of poor blood circulation. Some of the most common causes of less blood circulation in the legs include:

Age

Seniors or older ones suffer from bad blood circulation in the legs due to various factors like sedentary, thickening of the aorta, and decreased sensitivity in baroreceptors.



Atherosclerosis

Hardened arteries and atherosclerosis cause this condition due to poor blood circulation. If left untreated, atherosclerosis can result in peripheral disease. And you may wonder, [What doctor treats varicose veins?](#) A veins doctor who is qualified and recognized by the institute treats your veins-related issues.

Deep Vein Thrombosis

Also called a DVT, deep vein thrombosis is blood clotting that forms in a vein deep within your body, most commonly in the lower legs or thighs.

If the clot breaks, it may travel to your lungs and other body parts and cause a life-threatening blockage or pulmonary embolism.

Diabetes

Over time, diabetes can cause various health problems, including bad blood circulation, kidney disease, diabetic neuropathy, gum disease, stroke, and heart disease.

Inactive Lifestyle

An inactive lifestyle can also cause loose muscle strength, weaken your bones, and lower your immune system. And decreases blood circulation because healthy flow depends on movement.

Obesity

In addition to causing bone and joints, sleep apnea, high blood pressure, and cholesterol, obesity leads to less blood circulation and even heart stroke or attacks.

Peripheral Artery Disease

Peripheral artery disease (PAD) is caused due to atherosclerosis. When the arteries harden, plaque build-up within the arterial walls, narrowing them. Left untreated, this can reduce or even ceases blood flow to a limb, leading to possibly amputation and tissue death.

Smoking

Smoking is one of the most common causes of various diseases. Not only it causes cancer, but it damages your blood vessels, which can lead to poor blood circulation.

Venous Insufficiency

Venous insufficiency is when blood pools in your veins instead of returning to the heart. Moreover, it can be genetic and also caused by pregnancy, obesity, sedentary, or age.

Inadequate blood circulation in the legs and feet makes them uncomfortable. It can also result in life-threatening problems if left untreated.



You should always seek medical assistance if you're suffering from any signs and symptoms, mainly if you've been evaluated for one of the causes of poor blood circulation.

What are the Symptoms of Poor Blood Circulation?

- Swollen veins and arteries
- Cramps and heaviness in lower legs

- Skin discoloration
- Aches or leg pain
- Swollen legs
- Sprit or weeping skin
- Ulcers
- Restless legs and feet
- Pelvic pain or discomfort
- lower hair growth on legs and feet
- Numbness and tingling
- If you experience less growth rate of toenails

Conclusion

what to expect at a vein clinic? If you are looking for a doctor to maintain proper blood circulation in your legs, contacting a vascular surgeon is the best idea, they will help to treat and diagnose your issue.

Article Source : <https://www.articleslurp.com/what-is-the-cause-of-poor-circulation-in-the-legs/>