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## Leg discoloration from poor circulation

Are you worried about the legs turning a red-brown color? It is a symptom called hemosiderin coloring that could signal a problem with vein health. As we age, it is normal for our skin to thin, dry and lose elasticity. But it can be more relevant when you notice unusual changes in color and textures on your knees, legs, or ankles. If you notice a brown coloring on the lower legs, it may indicate a problem with the veins. For this reason alone, it is important to understand why brown skin spots appear and what you can do to treat it. What is Hemosiderin Stain? Hemosiderin Stain occurs when red blood cells come out of the veins. Iron and other byproducts are released and appear as a brown spot on the skin. This symptom can happen for some reasons. What are the causes of Hemosiderin? Chronic Vein Disease In addition to its unfair appearance, Hemosiderin Stain indicates a underlying health condition. The reddish-brown color on the lower legs is caused by chronic venous disease – the abnormal function of the veins. When the veins cannot pump the blood to the heart properly, they immerse themselves in the lower legs. Symptoms begin with slight skin irritations and itching, then manifests varicose veins. Other symptoms of the vein that can lead to brown coloring are: High blood pressure – The veins force the blood through the veins and sometimes through the skin. Vein Ulcers – slow or untreated wounds. While the blood continues to pool in the veins, the cells spread and flow iron pigments into the skin. Over time, this looks like a brown patch or spots on the lower leg or ankle. When you don't dress, the stain will darken and eventually can become black. At this point, these symptoms are unfortunately permanent even when the vein disease is treated. Ma! If caughtearly, chronic venous disease can be controlled and Hemosiderin coloring will fade. Side-EffectSclerotherapy Sclerotherapy is one of the treatment optionsvein diseases and varicose veins. it involves the injection of a substance known as a sclerosating in the affected veins. this makes the veins reduce in size. in some cases, this treatment can leave the patient with brown skin discoloration due to emosiderin (ron) deposits. this discoloration is usually transitory and disappears in a couple of weeks; However, in some people, the stain ends up being permanent. if you are considering the treatment of sclerotherapy, consider the following factors that are associated with the side effect hemosiderin stain: older patients of dark skin with fragile veins taking some drugs experience of the doctor of the vein treat the condition, not the symptom most patients will go to a dermatologist or doctor primary care for the condition of the skin, not the underlying vein disease of hemosiderin coloring. Consequently, they may not get an accurate diagnosis. If you have brown skin discoloration on your knees, lower legs, or ankles, make an appointment with a vein specialist as this could be the first signs of vein disease. especially if accompanied by legs achy, heavy and swollen. early treatment of your vein disease can help relieve brown spots caused by hemosiderin stain, and also keep them getting darker. Once diagnosed, the goal is to redirect the blood to the most healthy veins and dissolve unwanted veins, stains and pains. first it is your vein condition, the better you will feel and the less complications you will live. at the delaware advanced vein center, our medical staff has years of experience to help people with their spider and varicose veins. we would like to welcome you to our family of satisfied patients. Contact us today to plan free virtual consultancy and aof the vein. Do you or anyone you know have the discoloration of the foot or ankle? Have you noticed swelling or sock compensation that worsen later in the day? These can be signs of vein disease. Darker skin color areasleg, ankle or foot are called Hemosiderin deposits. Hemosiderin is a brownish pigment caused by the breakdown of blood hemoglobin, iron content in red blood cells. The discoloration of the foot and ankle is called Dermatitis Stasis and is usually a symptom of Venous Insufficiency. Plan a Comfort for Scoloring of the ankles > > > Ankle discoloration / Stasi Dermatitis Stasis dermatitis is a common inflammatory skin disease that occurs on the lower ends. It is usually the first skin sequela of chronic venous insufficiency with venous hypertension and can be a precursor of more problematic conditions, such as the ulceration of the venous leg and lipodermatosclerosis. Accurate diagnosis is critical, as many patients admitted to the treatment of cellulite have dermatitis stasis and lipodermatosclerosis. Dermatitis stasis typically affects middle-aged and elderly patients, rarely occur before the fifth decade of life. An exception would be patients with venous insufficiency acquired due to surgery, trauma or thrombosis. The most common manifestation of dermatitis stasis is the development of Ankle Discoloration / brown color changes in the skin to the inner appearance of the ankle. These changes worsen over time and eventually will result in the development of untreated open wounds called venous stasis ulcers. These changes usually take many years to develop and patients can be treated for years with creams and pomes that do not solve the problem. The causes of Stasi Dermatitis Stasi dermatitis occur as a direct consequence of venous insufficiency. The disturbed function of the 1-way valve system in the deep venous plexus of the legs causes a blood flow from the deep venous system to the superficial venous system, with accompanying venous hypertension. This valve function loss may resulta decrease relative to the age of valve competence. Alternatively, specific events such as deep venous thrombosis, surgery (e.g. vein vein)total arthroplasty of the knee, collection of sapenee veins by coronary bypass), or traumatic injuries, can severely damage the function of the lower venous system-end. (See the image below.) Occurrence in the United States Although not nearly prevalent as skin cancer, dermatophytophytophytophytosis, or xerosis, stasis dermatitis affects a significant percentage of the elderly population. No conclusive investigations have been undertaken on morbidity and mortality in stasis dermatitis, but studies have estimated a prevalence of about 6-7% of the condition in patients over 50 years. This would be translated into about 15-20 million patients over 50 years of age with dermatitis in the United States. This result makes dematitis of the stasis twice more widespread as psoriasis and only slightly less widespread than seborrheic dermatitis. Treating the coloring of the ankle "The key to the treatment of dermatitis stasis is the treatment of the underlying vein disease. Modern Vena Treatments are a great option for people with these problems," said Dr. Andrew Jones. Evaluation is important to determine the cause and severity of venous insufficiency. Diagnostics The ultrasound is used to identify where and how badly the veins are damaged. Ultrasound examination is designed to evaluate blood flow through the veins in the legs, localizing the problem areas. A treatment plan is discussed as a result of the evaluation, including risks and benefits. Endovenous Ablation is the technique of exploiting technological advances to get rid of damaged veins by performing minor surgery from within the vein. The results are aesthetically much better than stripping vein (surgical by cutting the vein out). These minor interventions allow people to continue with normal daily activities saving only a couple of hoursthe procedure. Compression therapy is an integral part of the management of venous insufficiency, deep thrombosis of the vein, surface thrombosis of the vein and venous obstruction. The mostoata form of compression treatment is the graduated medical prescription force stockings medical degree. these come in high cuts to the knee and thighs. tights are also available, but the effective part is equivalent to high knee socks. lifestyle changes are often recommended. lifting the legs when at rest, avoiding prolonged sitting and standing are all useful measures. when you have to sit or stand, repetitive ankle exercises are advantageous. for the same reason, exercise as walking or running is useful. stasis dermatitis is a common problem for people who generally respond well to treatment. plan a consultation if you are interested in finding out more about varicose veins treatment options, just fill out our online name request form or call one of our clinics in northwest portland, tigard, happy valley or blindfold, oregon. skin discoloration q & to what is skin discoloration? skin discoloration – medically known as stasis dermatitis – is a condition that develops when you have poor circulation. is more often located on the feet, ankles and lower legs. stasis dermatitis can start as itching, dry skin around varicose or irritated veins, red skin around the ankles. you might also notice that the legs are painful and achy or that the legs and feet inflate during the day. over time, the condition spreads from the feet and ankles to the calf. your skin becomes dry, looks shiny, and cracks and you can develop sores or ulcers on your legs. It is essential to obtain treatment as soon as you notice a change in your skin to prevent the condition of progressing and leading to infections and other complications. is also a warning signal of vascular health problems that need medical care with an expert like Dr. Caruso. whatskin discoloration? as we grow old, the veins lose elasticity and become weaker, which can lead to a condition called venous insufficiency, in which the blood loses backwards in the veins instead of flowingreturn to your heart. The veins in the legs have uniquely shaped valves that can trap the blood, which leads to skin discoloration, varicose veins, and swelling of the leg. Some of the risk factors for vascular health problems and skin discoloration include: Being overweight or obese medical conditions such as hypertension and diabetes age Multiple pregnancy standing for long periods of time Do not get enough exercise How is skin discoloration treated? Dr. Caruso offers both minimally invasive and traditional surgical procedures to repair and open blood vessels to facilitate efficient circulation in the legs and feet. Provides an expert diagnosis using tests such as Doppler ultrasounds to monitor blood flow to identify the underlying problem before recommending the treatment that will improve your vascular health. When should I see a doctor about skin discoloration? Skin discoloration is often a sign of vascular health problems such as peripheral artery disease and venous insufficiency, so you should program a consultation as soon as you notice a change in the skin on your feet or ankle. Call or schedule an online appointment to meet Dr. Caruso for an expert vascular care. The venous dermatitis of the stasis, commonly referred to as discoloration of the leg, occurs due to problems with the veins found in your lower feet or legs. Discoloration of the leg can occur in individuals with circulation problems. If your veins don't show up to their full capacity, blood hasn't returned to your heart as it should. Valves located in your legs push your blood towards your heart, but in the presence of other threatening health conditions, valves can struggle to perform at full capacity. Case What are the causes of discoloration of the legs? Yesbe at higher risk of discoloration of the legs if: are older than 50 are overweight Have long periods of immobility Have untreated varicose veins. These are folded veins, enlarged in the legs and feet that are generally benign, butcosmetic abnormalities on the skin surface. Get a blood clot in your leg. These pose a health risk when they form incorrectly in the veins and can hinder the correct blood flow. having high blood pressure, which is when the blood force that pushes against the walls of the blood vessels is constantly too high. having an existing heart condition having kidney failure have had many pregnancies have had previous surgery or significant injuries for the area for the rest of the article, we will focus on discoloration of the legs caused by vascular disorders in the legs. National health institutes have combined a six-condition visual guide that contributes to the discoloration of the skin that can be accessed here. Discoloration of the leg caused by a vascular disorder the discoloration of the leg is commonly an indicator that you can be affected by a vascular disorder that has not yet been diagnosed. a vascular disorder is a disease that affects the blood vessels (vene and arteries) and capillaries located deeper than the surface level of the body. Chronic venous insufficiency (cvi) refers to when valves and veins in the legs become weak, which punctures their ability to return blood to the heart. when your veins are exhausted to keep the blood and extra fluid, it is forced into the surrounding tissues, contributing to the discoloration of the legs and ankles. guide step by step on how to treat the discoloration of the leg the discoloration of the legs extends much deeper than the superficial varicose veins. if you start to notice changes in skin tone, color, or texture around the ankles and lower legs, it may indicate a vascular disease below, if you notice one of the symptoms listed below, you should seek medical treatment. until you are experiencing any painsevere discomfort, planning an appointment with your primary care provider is the first step. If necessary, they can refer to a specialist in vein diseases. Diagnosis In addition to skin discoloration, skin,symptoms you can experience include: Inflating in the immediate area itching Throbbing Scaly and crust piaghe Loss of hair on shin and ankles Varicose thick skin or spider veins If the doctor believes that the discoloration of the leg is coming from the vascular disease, they will use ultrasound technologies to determine any abnormalities in the bloodstream before proceeding to the treatment. Treatment options You and your doctor will decide the best treatment option for you, depending on your age, medical history and current symptoms. Two common forms of treatment include radiofrequency ablation and sclerotherapy. Radiofrequency ablation is a minimally invasive procedure. The doctor will insert a catheter into a affected area of veins and use radio frequency energy to heat the veins at low temperature. This procedure redirects blood to healthier vessels and rarely causes any postoperative pain. Sclerotherapy is similar to radiofrequency ablation, but uses a sclerosating chemical solution to redirect blood flow instead of a catheter and a radiofrequency. If the condition is not severe, the doctor may bypass the treatment options listed above. Instead, recommendations include wearing compression stockings, keeping the affected leg elevated above the hips (to increase blood flow back to the heart,) and regular exercise. Prognosis Because the discoloration of the legs can be connected to many vascular diseases, the prognosis varies on a patient-patient basis. Discoloration is not only a cosmetic concern, and it can be a more serious risk indicator for your health. As long as the treatment is promptly required, most patients may expect the problem to be under control in a way of weeks or months. What if it's not prolonged discoloration of the leg? Ignore the discoloration of the leg thatfrom a vascular disorder can affect much more than a simple skin. untreated venous insufficiency can harden soft tissues around the veins in the lower legs. Your skin canthicken, and dry, leading to pain and discomfort. discomfort.

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