

Poor Circulation



What is it?

Poor circulation in the lower limb is reduced blood flow to the extremities in the legs, and feet, through the hardening of the arteries. It causes cold feet, cramps and sometimes pain in the lower limb, and can undermine the body's healing process, and the ability to effectively fight off infection.

Smoking and conditions such as diabetes, can cause poor circulation.

What is the cause?

Poor circulation in the legs and feet can have a variety of causes, ranging from a sedentary lifestyle, to serious medical conditions, such as a heart condition and vascular diseases.

The lack of a good blood supply to the lower extremities, can cause pain, swelling, discoloration in the skin, and a feeling of heaviness or fatigue.



Common causes

- Sedentary lifestyle
- Obesity
- Smoking
- Diabetes
- Hypertension
- Varicose veins
- Heart Diseases
- Atherosclerosis in the blood vessels causing a narrowing of the vessels.

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How can it be prevented?

Preventing and managing poor blood circulation in the legs and feet is essential for maintaining good health. To reduce the risk of poor blood circulation, here are some tips to consider:

- Take regular exercise.
- Eat a balanced, nutritious diet.
- Avoid or stop smoking.
- Monitor and maintain healthy blood pressure, glucose, and cholesterol levels.
- Wear comfortable, supportive, and well-fitted shoes and hosiery.
- Elevate your legs when sitting or lying down.



Ask us for more details and we can advise you on what approach might work best for you.

In addition, certain medications and lifestyle changes can help improve circulation to the lower limb. These include physical therapies, such as massage and compression stockings, and medications to reduce inflammation, improve vascular function, and reduce cholesterol levels in the body.

*For more information, contact us
at Tel. [0118 304 9389](tel:01183049389)
[or book online](#)*

