

Swollen Legs and Feet

Do I need circulation testing?



Problems with the circulation and drainage systems of the body can be detected in the legs and feet.

Feet and legs can swell due to problems with circulation, heart, kidneys, infection and injury.

Circulation problems fall into two main types:

1. Not enough blood supply getting through the arteries, and
2. Not enough return of blood or fluids up the leg through the veins or lymph drainage vessels.

Circulation testing helps with diagnosis and directing the best treatment for each case.

Benefits of treatment include:

- Reducing the risks of clots, strokes and heart attacks
- Reducing the strain on vessels and organs from excessive fluid
- Improved mobility
- Prevention and management of skin problems such as dermatitis and leg and foot ulcers



Who needs circulation testing of their feet?

According to international guidelines, all people over 70, and people over 50 with any risk factor for heart and blood vessel disease; high blood pressure or high cholesterol should have their foot arteries tested. Some people at increased risk including people with diabetes should have this done at least once a year. Testing can find hardening or narrowing of the arteries. Results can show when specific medication, compression or other treatment is recommended.

Where do I get my foot circulation tested?

Skilled health practitioners, most commonly podiatrists, listen to artery sounds with a Doppler ultrasound and may also do toe pressure testing. This can be done in a clinic or with a visiting service.

Your general medical practitioner will be informed of your results.

