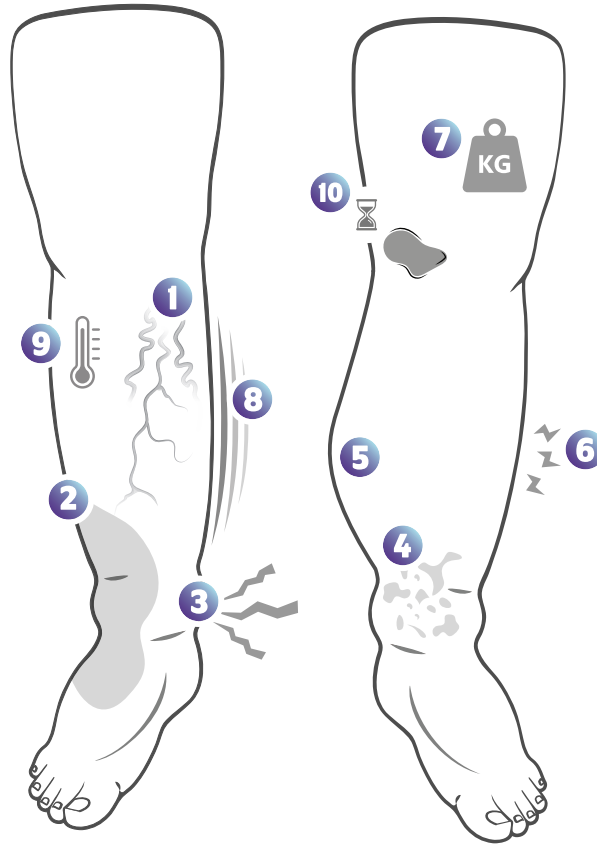# CHECK YOUR LEGS

Use this checklist to help you keep an eye out for the warning signs and symptoms of venous disease and stay vigilant when checking your legs. This factsheet has a place for you to keep a record and monitor your condition.

1 VARICOSE VEINS:

Look for bulging, twisted, or enlarged veins on your legs. They may appear blue or purple and may be accompanied by discomfort or aching.

2 SKIN CHANGES:

Look for any skin changes such as redness, discoloration, or dryness in the lower legs and ankles. Pay attention to the presence of rashes, open sores, eczema, or ulcers. Remember skin changes can look different depending on different skin tones.

3 PAIN OR ACHING:

Take note of any pain or aching sensations in your legs, especially after long periods of sitting or standing. The pain may improve with leg elevation or walking.

4 VARICOSE OR VENOUS ECZEMA:

Can present as scaly and weeping. Always check the skin between the toes and wash and dry well.

5 SWELLING:

Check for any swelling or puffiness in your legs, ankles, or feet. This can be persistent and may worsen throughout the day.

6 ITCHING OR TINGLING:

Take note of any persistent itching or tingling sensations in the legs, as this can be a sign of venous issues

7 FATIGUE OR HEAVINESS:

Pay attention to feelings of fatigue or heaviness in your legs, particularly towards the end of the day.

8 RESTLESS LEGS:

If you experience a compelling urge to move your legs or have an uncomfortable sensation that worsens at rest, it could be a symptom of venous diseases.

9 WARMTH:

Be aware of any unusual warmth or increased heat in specific areas of your legs.

10 SLOW-HEALING WOUNDS:

If you have any wounds, cuts, or sores on your legs that take a long time to heal or frequently recur, it may indicate an underlying venous condition.

If you notice any of these signs or symptoms, it's important to consult a healthcare professional for further evaluation and appropriate management. They can provide a proper diagnosis and recommend suitable treatment options based on your specific condition.