

Oh, my aching leg!

ANCHOR LEDE

If you sprain an ankle during a basketball game, doctors have a good idea how to treat it.

But if you have daily aches, pains and swelling in your legs, it will require some investigation.

TAKE VO

Aman Khurana, a vascular medicine physician who sees patients at OSF HealthCare, says leg pain can stem from issues with your arteries, veins and nerves. Arthritis, lymphedema and wounds can also contribute.

SOT

Dr. Aman Khurana [AH-mawn // kuh-RAWN-ah // last name is like piranha the fish]
vascular medicine physician at OSF HealthCare

**"Veins have valves. When blood goes up, the valve should close. Some valves don't close right. Blood goes up, and it keeps coming down. That's how you have the heaviness, tiredness and swelling in the legs."
(:17)**

VO TAG

Treatments include compression stockings, medication, a pump to aid blood flow or a procedure to stop blood flow in a problematic vein.

Prevention of leg pain includes managing chronic conditions, avoiding smoking, exercising and eating right.