

Oh, my aching leg!

SOT

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

"The arterial cause of leg pain is when people walk, and they get leg, calf, hip or thigh pain. That can be from less arterial flow down in the legs. When we walk, the muscles are demanding more blood. But because of blockages, blood doesn't come." (:17)

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vascular medicine physician at OSF HealthCare

"Venous pain brings heaviness, tiredness and fatigue. Varicose veins and leg discoloration are signs of venous disease. That pain seems to get better when you lay flat or with your legs up." (:19)

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vascular medicine physician at OSF HealthCare

"We have large nerves that go down from the back. Then there's small vessel nerve pain that causes tingling and numbness in the feet." (:15)

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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)