

9 abnormal signs in the legs warning the body is having health problems

In many cases, the signs in your legs only tell you about your body problems. Let's take a look at 9 unusual signs in the legs warning the body is having health problems below!

1. 8 small parts on the body that we usually don't care about
2. 10 tips to help you no longer have foot pain when wearing new shoes
3. 3 simple ways to treat numbness of the feet and toes

Excessive work, lack of nutrients or daily pressure can cause changes in your legs and feet. However, in many cases the signs in the legs only tell you about your body problems.

We have explored cases of foot condition that may indicate that you should see a doctor immediately. Let's take a look at **9 unusual signs in the legs warning the body is having health problems below !**

1. Kidney problems



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If the kidneys are not working properly, the body's waste filter will be more difficult, which leads to **edema** .

If the area around your ankles is swollen or you feel pain or numbness in the limbs , this is also a symptom of kidney problems.

2. Varicose veins



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When **varicose veins** , blood moves to the limbs that are difficult. This happens when the vein valve is weak or damaged, causing the veins to swell.

In particular, your ankle area will be most swollen, then **freckles** and **heavy legs** may **appear** .

3. Anemia



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In this case, one or two heart chambers lose their ability to push blood effectively. That's why blood accumulates in the lower extremities. Attached, your **legs will be swollen and painful** .

See also: 14 body signs that show you're not really as healthy as you think

4. Congestion



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Swelling of one or both legs may be a sign of deep vein thrombosis . This symptom is very dangerous, venous thrombosis is the artery that brings oxygen-rich blood from the heart to the rest of the body, while the vein that carries " *oxygen-poor* " blood returns to the heart. If you feel your feet have these symptoms, see your doctor right away.

5. Liver problems



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You can also identify liver-related symptoms through your feet. **If the liver has problems, the limbs of the body will begin to swell and blood vessels will begin to rise** . This happens because blood has difficulty circulating between the intestine, spleen, pancreas and liver.

6. Thyroid problems



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Your foot condition may also help detect thyroid problems. **It is easy to detect symptoms of hypothyroidism such as leg swelling, leg muscle convulsions and cold legs .**

See also: 11 daily habits silently destroy health without you knowing

7. Atherosclerosis



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When atherosclerosis occurs, the feet receive too little blood, making them **pale and often in pain** . In most cases, people often ignore signs of atherosclerosis in the legs. However, this disease has very serious consequences.

8. Diabetes



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When you have diabetes, even a very small wound in your leg can cause serious consequences - **difficult to heal wounds** . This disease is often accompanied by neurological symptoms such as **numbness** . People often do not feel pain and do not notice when the wound becomes serious.

9. Pregnant



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Of course, getting pregnant is not a serious health problem. However, you can recognize this soon through some changes in your legs. **Your legs start to swell (*with your hands*) and feel heavier, sometimes you also have muscle spasms** . These signs will usually appear before you have clear signs of pregnancy.

See also: 8 types of summer shoes can damage your feet

Having fun!

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