



518.273.0053



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APPOINTMENT

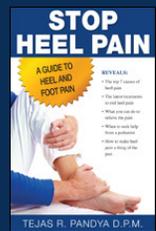
LOCATIONS

763 Hoosick Rd.
Troy, NY 12180



855 Rt. 146, Suite 150
Clifton Park, NY 12065

FREE BOOKS



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Complications of Poor Circulation

The flow of traffic is rather similar to the flow of blood within your body. Blood cells can be thought of as cars driving in the highways that are your blood vessels. Just like when you need to get to work or pick up the kids from school, those blood cells have places to be. Issues arise when they have difficulty going where they need to go.

Some of the complications of **poor circulation** can be severe. Critical limb ischemia is quite concerning and occurs when infections or injuries are not properly addressed by your body's immune system. When ischemia is present, **open sores and infections** might progress to the point that tissues begin to die (gangrene) and the only treatment is amputation.



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In addition to critical limb ischemia, a major complication of peripheral arterial disease is heightened risk for both heart attacks and strokes. While signs and symptoms can often be noted in legs and feet, the circulatory issue affects your whole body, including fatty deposits that constrict the blood vessels that supply oxygenated blood to your heart and brain.



Certain symptoms can indicate that a problem exists:

- Claudication, which is a painful cramping that develops in the calf, thigh, or hip muscles (particularly following even routine physical activities)
- Leg weakness or numbness
- **Coldness in the lower limbs**, especially when one leg or foot is colder than the other side
- Slower growth of toenails and leg hair, or even hair loss
- Sores on the legs, feet, or toes that will not heal

If you are experiencing any of these symptoms, contact Capital District Podiatry. We will evaluate your condition, provide a diagnosis, and create an effective treatment plan to help keep you safe from the complications of poor circulation. Our medical staff is experienced, knowledgeable, and has your health in mind, so call **(518) 273-0053** for more information or to schedule an appointment (**which you can also do online today**).

A Commitment to Continued Education and Providing the Best of Care

Tejas Pandya, DPM recently attended the renowned DERMfoot conference held on April 16 – 17. This annual event features numerous exhibits and lectures that provide the latest education on foot and ankle skin and nail diseases, as well as state-of-the-art technologies and cutting-edge diagnostics used to treat conditions and provide patients with the highest quality of care.

It is our goal to stay atop of these industry advancements so that we can continue to give our patients the best care possible!

www.CapitalDistrictPodiatry.com 518.273.0053

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