

PERIPHERAL EDEMA

What is it?

- Abnormal build up of fluid in ankles, feet and legs

Symptoms

- Swelling of feet and ankles
 - Gravity dependent
- Skin over swollen area appears tight and shiny
 - "pitting" when pressure applied and leaves indentation
- Often painless



Causes

Some disease states

- Venous insufficiency (blood does not return to heart efficiently from ankles and feet)
 - Varicose veins, obesity, sitting too much
- Congestive heart failure
- Liver and kidney disease
- Rheumatoid arthritis
- Emphysema
- Deep vein thrombosis (DVT)

Some medications

- Anti-convulsants (gabapentin-Neurontin®, pregabalin-Lyrica®)
- NSAIDs
- Glitazones (pioglitazone-Actos®, rosiglitazone-Avandia®)
- Vasodilators (hydralazine-Apresoline®)
- Bisphosphonates (alendronate-Fosamax® and risedronate-Actonel®)
- Corticosteroids (prednisone)
- Calcium Channel blockers (e.g. amlodipine-Norvasc®, nifedipine-Adalat®, more so than diltiazem-Cardizem® and verapamil-Isoptin®)
 - Edema from this group not due to sodium retention therefore diuretic is ineffective

Treatment

- Elevate legs
- Support stockings
- Restricting salt in diet
- Change medication that could be a cause of edema
- Treatment with diuretics to reduce fluids may help but is 2nd line treatment