



Risk Factors and Causes of Poor Blood Circulation

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DESCRIPTION

Poor circulation occurs when something disrupts the complex, massive circulatory system that supplies blood, oxygen, and nutrients throughout the body. Healthy hearts, veins, arteries, capillaries, and other blood vessels can efficiently provide your cells with everything they need. It is a continuous cycle that brings oxygen and other necessities to the cells and removes waste products from them.

Problems arise when there is a problem with any part of the delivery system or valve that controls the direction of blood flow. Blood can encounter detours and obstacles along the way, like a delivery driver who encounters problems and delays on his route.

Obstructions in blood vessels impede blood flow, especially when trying to reach the parts of the body furthest from the heart: fingers and toes. The biggest problem with poor circulation is that your cells don't get as much oxygen as they need. Cells cannot function well without the oxygen they need.

Poor circulation can cause fluid to build up in certain areas of the body. This is called edema and usually occurs in the legs, ankles, and feet. Edema can also be a sign of heart failure. It can occur when the heart cannot circulate enough blood throughout the body. Edema of the legs can also occur when blood pools in these areas. The increased pressure pushes fluid out of the blood vessel and into the surrounding tissue.

Symptoms of edema include:

- Heaviness and swelling
- Tight, warm skin
- Stiff joints
- Pain in affected areas

If a person with edema presses on the affected area, it may leave a dent in the swollen skin. Ascites is also used when

proteinaceous fluid accumulates in the abdomen. Circulatory problems and cirrhosis may be the cause. Poor blood circulation can be improved with a regular diet and exercise. Exercising improves blood circulation throughout the body. Certain yoga poses help the body return blood to the heart more efficiently. Downward Dog, Warrior II, and Legs up the wall are the most recommended, but almost any yoga pose will help.

Staying hydrated is an easy way to improve circulation. Depending on your lifestyle, age and weight, you should aim to drink 84 ounces of water per day. Eating less processed foods and more whole grains and vegetables is good for your body and the rest of your body. Therefore, always consult your doctor before making any major dietary changes. Adding foods and spices such as cayenne pepper, beets, berries, fish, and other iron-rich foods to your diet has been shown to improve vascular health.

Managing stress, quitting smoking, and even getting regular massages can help improve circulation. One of the most dangerous consequences of poor circulation is blood clots. Blood clots can be fatal if not detected early. If you think you may be suffering from any of the above conditions, it's important to contact your doctor as soon as possible.

If we have symptoms of a blood clot or stroke, we should seek emergency medical care immediately. Vital Heart & Vein has many diagnostic tests and vascular procedures that can be used to diagnose and treat various vascular diseases. Our goal is to provide personalized and accessible treatment options.

Our respected board-certified cardiologist or cardiologist who will look at your symptoms and run tests to determine where your poor circulation symptoms are coming from and how best to treat the problem. Meet one of our surgeons. We will find the best treatment, treatment and/or procedure for your diagnosis.

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