

STASIS DERMATITIS

Stasis dermatitis is a chronic and often uncomfortable skin condition typically found on the lower legs. It is caused by poor circulation that results in blood that pools in the legs as it struggles to travel upwards towards the heart. Symptoms of stasis dermatitis include leg swelling, aching, itching, or heaviness, or a leg pain that worsens when standing. There are also a number of different skin abnormalities that may develop as the condition

worsens, such as dryness, darkening and ulceration.

Although stasis dermatitis cannot be cured, there are a number of different treatments that can help patients live with their symptoms. Compression stockings, elevating the leg, and exercise can all help to improve blood flow to the area and prevent the condition from worsening, as can a healthier diet. Additionally, moisturizers

and topical corticosteroid creams can also be used to alleviate dryness and itch. The chance of developing the disorder is increased by risk factors that disrupt blood circulation, such as having high blood pressure, obesity and a lack of physical activity. Individuals who have suffered from a blood clot in the leg area are also at risk, as are those with varicose veins.

Symptoms on the skin:

- Crusting or cracking skin
- Skin ulcers
- Skin thickening
- Dark brown tone

Stasis dermatitis can be treated but not cured. Treatments commonly include:

- Wearing compression stockings
- Lowering dietary sodium intake
- Moisturizers and topical corticosteroids
- Regularly elevating legs above the heart

Compression stockings

Poor circulation leads to pooling of blood in the leg