

Patient Information

Edema

BACKGROUND INFORMATION

- Edema is swelling that is reflective of fluid retention in and underneath the skin.
- May be associated with a heart problem, but also can be related to problems with the veins (blood clots or leaky valves in the veins) or increased pressure on the veins.
- Can be related to medical problems where the protein levels in the body are low, which can lead to fluid “leaking” out of the blood vessels.
- Edema can accompany many illnesses or surgeries that require patients to receive significant amounts of IV fluid.

SYMPTOMS

- Pain at site of edema
- Redness at site of edema
- Shortness of breath

DIAGNOSTIC TESTS

- Echocardiogram (ultrasound of the heart)
- Ultrasound of the veins of the legs
- Blood tests

TREATMENT

- Elevation of the legs when seated
- Compression stockings
- Diuretics (water pills)
- Evaluate for underlying causes that can be treated.

FOR MORE INFORMATION or to make an appointment at URMC Cardiology at Highland Hospital, please call (585) 341-6780 or visit us online at www.highlandheart.urmc.edu