

# Venous Insufficiency Symptom Checklist



*the heart shop*

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Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

DOB: \_\_\_\_\_

***Check the box next to each symptom you are experiencing. This quiz is intended for educational purposes only and is not a diagnostic tool. A diagnosis requires a full work by a physician.***

**Dull Pain/Throbbing/Aching:** The aching in your legs is dull and throbbing, constant, and worsens as the day wears on. You massage your legs at night to make the aching go away.

**Itchiness/Constant dry skin:** Your legs itch constantly. You must constantly refrain from itching. Lotion is needed constantly to keep up with your dry skin on your legs. Sometimes your legs feel hot or have a prickly feeling.

**Leg Heaviness/ Fatigue:** At the end of the day, it takes all you have to keep standing. If you sit through a movie, your legs feel like stone. You cannot wait to get home and prop your legs up. You think “My legs are tired because I’ve had a long day” or “I’m just getting older and can’t be as active.”

**Cramping / Charlie Horses:** Cramps or Charlie horses occur mostly at night, waking you up and keeping you from sleeping properly. You must get up from bed to stretch your legs or walk around to get relief. Many have recently tried hydrating or potassium before bedtime to make these cramps go away unsuccessfully.

**Restless legs:** When you get in bed at night, you just cannot seem to get comfortable. You have tried propping a pillow between your legs. Instead of resting, you spend the night moving your legs

around. Or you are constantly shaking your legs while seated or when on that long flight or car ride. You cannot put your finger on it, but your legs just don't feel right.

**Swelling:** At the end of the day, your legs swell and you notice a loss of definition in your ankles. When you take your socks off, they leave a line in your skin. But it seems to go away when you wake up in the morning.

**Skin Discoloration:** You've noticed that the skin on your lower legs or around your ankles is darker than the rest; its taken on a brown or reddish color. The skin feels harder in this area and it may be flaky or itchy.

**Leg Ulcers:** Your skin has broken down in one or more areas, and you see an open wound. This is a sign of possible advanced disease and should be addressed as soon as possible.

Patient Signature: \_\_\_\_\_