

## Causes, Symptoms, Diagnosis and Treatment of Edema

Reyes Penadésa\*

Department of Pathology, University of Barcelona, Barcelona, Spain

\*Corresponding author: Reyes Penadésa, Department of Pathology, University of Barcelona, Barcelona, Spain, E-mail: penadesa@gmail.com

**Received:** 23-Sep-2022, Manuscript No. JIDT-22-80718; **Editor assigned:** 26-Sep-2022, Pre QC No. JIDT-22-80718 (PQ); **Reviewed:** 11-Oct-2022, QC No. JIDT-22-80718; **Revised:** 19-Oct-2022, Manuscript No. JIDT-22-80718 (R); **Published:** 26-Oct-2022, DOI:10.4173/2332-0877.22.S5.002.

**Citation:** Penadésa R (2022) Causes, Symptoms, Diagnosis and Treatment of Edema. J infect Dis Ther S5:002.

**Copyright:** © 2022 Penadésa R. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits Unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

### Description

Edema is the medical term for swelling caused by fluid trapped in body tissues. Edema is most common on the feet, ankles, and legs, but can also affect other parts of the body such as the face, hands, and abdomen. Edema can affect anyone, but it most commonly occurs in pregnant women and adults over the age of 65. Bones have to withstand heavy loads in everyday life. It supports our weight and helps for standing and moving. Their structure and adaptability to physical stress allow them to withstand weight. Bone is a living tissue, not a rigid structure. Bones, like all other tissues and organs in the body, are constantly being renewed. Edema is common because there are many causes associated with the condition. The exact cause for edema is unknown, as mild cases of edema resolve spontaneously. With edema, parts of the body become larger (swelling) and can interfere with daily activities. Simple lifestyle changes, such as elevating swollen areas and moving after sitting or standing for long periods of time, can reduce swelling and make a person feel better. Edema may be a symptom of an underlying health condition. Therefore, if a person notices symptoms of edema, consult a doctor.

To diagnose edema, doctors do a physical examination, followed by diagnostic tests to find the cause. Pay particular attention to areas of the body where the skin is shiny or tight. Edema grading is a scale used to identify the diagnostic severity of edema and estimate the amount of fluid accumulated in tissues. Healthcare provider will test a person's body for edema by gently pressing finger on the swollen area of skin for 5 to 15 seconds (pitting test). After they release the pressure, dimples appear on that person's skin. The dimples indicate that fluid has accumulated in the tissue. Treatment of edema depends on the cause. This is especially true if the cause is related to an underlying medical condition. For example: If lung disease causes edema. If that person has emphysema or chronic bronchitis, doctor

will advise that person to quit smoking if that person was addicted to smoke. If edema occurs in chronic heart failure, doctor will recommend lifestyle changes to manage the diagnosis by monitoring a person's weight, fluid intake, and salt intake. Doctor may be advised to reduce the amount of alcohol. If edema is a side effect of a drug that a person is taking, doctor may stop or reduce dose of the drug to eliminate the swelling. Do not stop taking the medicine unless directed by caregiver. Edema and swelling, is the accumulation of fluid within body tissues. Legs or arms are most commonly affected. Symptoms include tightness of the skin, a feeling of heaviness in the area, and stiffness of the joints. Other symptoms depend on the underlying cause. Causes include venous insufficiency, heart failure, kidney problems, low protein levels, liver problems, deep vein thrombosis, infections, angioedema, certain medications, and lymphedema. It can also occur after menstruation, during menstruation, or during pregnancy. It is more concerning if it starts suddenly or if there is pain or shortness of breath. Salt restriction and diuretics may be used if the underlying mechanism involves sodium retention. Leg elevations and support stockings can help with leg edema. Older people are affected more often. Edema (or edema) is an abnormal accumulation of fluid in certain tissues of the body. Fluid accumulations may be under the skin, usually in dependent areas such as the legs (peripheral or ankle edema), or they may accumulate in the lungs (pulmonary edema). Mild edema usually goes away on its own. Severe edema may be treated with drugs that help a person's body expel excess fluid in the form of urine (diuretics). One of the most common diuretics is furosemide (Lasix). However, doctor will determine whether these types of medications are a good option for a person based on personal medical history. Long-term management typically focuses on treating the underlying cause of the swelling. If edema occurs as a result of medication use, then doctor may adjust prescription or check for an alternative medication that doesn't cause edema.