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## Leg cramps and cold sweats

Of Nyl, Facty StaffFact Checkedupdated: 27 Nov, 2020hai never awakened in the middle of the night to discover the calf muscles that grab? You are not alone. Night leg cramps are common but usually harmless. While they can happen at any time of day, about three quarters of us experiment with it at night when our bodies are resting. The good news is that there are ways to prevent or relieve leg cramps at night. The type of leg cramps that strikes during the night is often painful for the point of agony and can make it difficult to move the affected area. It may feel as if your leg's muscles are contractors and blocking you. The cramps can last for a few seconds or up to ten minutes and can influence the soles of the feet and calves. When the cramp relaxes, the interested muscles can feel tender for some time later. Asianelight / Getty Images The leg cramps in question are also known as idiopathic leg cramps and can occur for no apparent reason, although they can be a complication or symptom of another health condition. If so, they are called secondary leg cramps. Drugs like diuretics and statins can also be blamed for cramps to the night leg. People / Getty Fotos Factors like ages can exacerbate or cause leg cramps, as well as exercise, dehydration, alcohol and flat feet. Sometimes, the reason for a specific leg cramping instance is easy to identify, as if you know you have recently walked long without drinking a lot of water. Alternatively, if you have been more stagnant than usual, the lack of or changes in circulation could be the fault. Takasui / getty images over 60% of Americans report to try night leg cramps at once or another. Although there is no real science behind it because we live more at night, it is possible to the side effects of dehydration or effects of the effects of the exercise without a correct heating or recovery are a factor. Spukkato / Getty Images You can treat the cramps at your legs while you are experiencing them or previously before going to bed. During an attack, when the muscle feels tight, exercising or massaging the distress point can relieve pain and tension. If the cramps do not improve with exercise and stretching, the doctor may be able to prescribe drugs. If you are ready for home remedies, researchers have discovered in 2010 that drinking Solighkhe juice relieves the cramps plus the water. SYLVIOB1 / Getty Images Although the leg cramps are usually nothing serious, there are cases you could see a doctor. If night leg cramps are disturbing sleep, influencing your overall quality of life, a doctor can help with the prescriptions or solve the problems of the underlying cause, especially if you are experiencing symptoms like numbness or swelling. To diagnose the cause, the doctor will ask you for symptoms and medical history and conduct a physical examination. If necessary, they can recommend tests to exclude other factors. One thing to note: if the cramps persist for ten minutes or more, consult a medical help. Kritchanut / Getty Images While not an exact science, eating rich magnesium foods can help brake cramps to the legs. Make sure you stay hydrated. You can also stretch the muscles affected during the day and right before going to bed. If these exercises help reduce cramps to the night leg, continue to make them every day. Michelangeloop / Getty Images In the case of secondary secondary cramps, some conditions can be held responsible, the most remarkable is the disease of the peripheral and diabetes, both cause a bad circulation. The deficiencies and emissions of B12 with thyroid can also cause cramps in the leg. Niran Pr / Getty Images The legs cramps can occur in people of any age, but they are much more common in the elderly - 33% of all reported cases have hit people aged over 60 years old. Pregnancy, particularly in the last stages, can also be a risk factor. The cramps due to pregnancy tend to stop the child once born. Obesity and poor diet can also Leg cramps, mostly due to insufficient nutrients and lack of exercise. Horllaz / getty Images Thrombosis of deep vein or DVT can imitate the symptoms of the leg cramps when blood clots form in the legs veins. DVT usually occurs in people who have been stationary for a long time, as following surgery or a long flight. MOHAMMED Haneefa Nizamudeen / Getty Images of Mika. Facty StaffFACT CHECKEDUADDED: 25 FEB, 2021LEG CRAMPI Intense cause, painful reinforcement of the calf or the quadriceps muscles. They can occur as a side effect of physical activity or influence people during the night in the form of conditions as the syndrome of the restless legs. The leg cramps are, to a minimum, irritating and, worse than the debilitating, and can be caused by a variety of activities and problems. One of the main causes of the leg cramps is a high intensity training, which can overload the muscles and cause painful contractions. When a person starts a new exercise program, it takes time to adapt to the body; Similarly, becoming active after a long period of rest can trigger a leg cramp. Sudden movements can force muscles to adopt positions that increase the load on the lower body, thus causing cramps' legs. The best way to avoid painful episodes of the cramped leg muscles after training is to slowly increase the intensity of the exercise. The leg cramps are more likely to occur when the body is overloaded and sufficient sleepless. These factors raise the risk of a person to develop cramps and other painful events because the muscles are thesis and stressed and do not receive enough opportunities to relax. Sleep allows muscles to rest and promote damaged cell repair. Hydration and diet can also affect the probability of leg cramps. The fatigued and dehydrated muscles do not work even and cannot use nutrients effectively. Therefore, they need more nutrients than those who consume. The multiple sclerosis manifests itself with a variety of symptoms that influence the nervous system. These symptoms include muscle cramps, spasms and contraction in the legs and feet. Depending on the gravity of the condition, the cramped muscles can feel stretching, painful and aching. In more serious cases, the individual will temporarily lose control over the muscle. Wearing wrong shoes is harmful to feet, legs and the body as a whole. If continuously worn, scarce shoes can affect legs. The wrong size shoes affect the position of the leg muscles, causing pain and spasms. High heels are one of the main causes of the leg cramps, as are some running shoes. Optimal blood flooding in the legs requires a regular movement of leg muscles, as well as sufficient rest. Remaining property for long periods can cause the muscle cramps over the day during the day. The people behind or sit at a desk for hours every day are susceptible to the cramps at the legs. Ideally, individuals should walk or lengthen legs regularly during the working day. Excessive use of the muscles can cause the same effects underutilize, increasing cases of cramps to the legs, regardless of hydration and resting. For example, run too long can lead to cramped legs due to muscle fatigue. Athletes should stretch before exercising and cooling after to reduce the probability of painful cramps. The quantity of water in the body affects all aspects of health, from the renal function to cognitive ability. The muscles are also significantly From fluid levels, so much so that low levels of hydration can lead to muscle cramps. Drink too little water interrupts the electrolyte balances, leading to muscle fatigue and cramps. Sweating and high temperatures can increase the probability of cramps, so it is important to ensure proper hydration on hot days and when working. A lack of minerals such as calcium or iron can increase the change of muscle cramps. When electrolytes are low, imbalances can lead to muscle pain. Fruits and vegetables, rich in vitamins and electrolytes, are an essential part of each diet. After exercising, sports sports drinks Other drinks or foods can help replenish electrolytes levels. Osteoarthritis affects millions of senior adults. The most common symptoms have come rigid and aching, but some people also report muscle spasms and leg cramps, which can indicate pinched nerves or another form of nerve damage. People with osteoarthritis who develop muscle cramps should talk to a doctor. Drugs can affect the leg muscles and activate painful spasms and cramps. Sanguine pressure treatments, for example, sometimes induce leg cramps. Experts believe that this is due to their diuretic effect, which translates into reduced fluid levels that can lead to cramps if hydration is not maintained. If a person experiences the cramps after starting a new drug, they should talk to his doctor. Luca Hoffman, author of the article Howtuffworks as aspirin works, offers the following reflections on muscle cramps: "First, since there is so little research well on cramps, a lot of myths have built around the subject so we start with the facts. Muscle cramps are very common during (but most commonly later) the exercise . There have been several theories about why they occur, including low blood sugar, dehydration, imbalances rises after sweating, and be extreme hot or cold. All these are known to cause cramps alone, but it's not clear if there are the culprit with normal cramps.according induced of the current theory exercise in the literature science of sport (starting from 1997), skeletal muscle cramps during exercise probably will happen when the muscles that shorten (for example , a calf muscle when the toe of the foot is pointed) are repeatedly stimulated. This can happen if your foot is extended, pointed shoes, and you keep extending it further. It is actively possible. Use this operation, for example, rushing on toes or doing a lot of toe-raise without going down to extend the muscle. What appears to happen that the muscle is tired, and does not relax well. There is a reflected bow - compound of the muscle, the nerves carrying signals to the central nervous system (SNC) and the nerves carrying the signals from the back of the central nervous system to the muscle - which maintains by bringing the signals of contraction to and from the muscle. This seems to lead to a contraction supported in the muscle, also known as a cramp.stitching (in this case, grasping the focus of the foot and stretching of the calf) is the only thing that breaks this signal of the reflex and stops The cramp, when it comes to stress cases. But the muscle is still fatigued, and the cramp process is easy to re-trigger until the muscle remains for a while. The process of fatigue cramps seems to happen more often in muscles that cross two joints, such as the calf muscle (which crosses the knee and ankle), since the muscle is easy to shorten and continue to contract. "Administration". what causes night sweats and leg cramps



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