Vena cava or vein disease often causes a small bulge in the leg or the leg may look blue and unhealthy. The heaviness, numbness, and tingling sensations Julia described, continues Dr. Zuzga, “and it is common for symptoms to intensify the more a person is on the surface of the skin. Varicose veins cause discomfort such as the heaviness, numbness, and tingling sensations Julia described,” continues Dr. Zuzga. “And it is common for symptoms to intensify the more a person is on the surface of the skin. Varicose veins cause discomfort such as the heaviness, numbness, and tingling sensations Julia described,” continues Dr. Zuzga, “and it is common for symptoms to intensify the more a person is on the surface of the skin. Varicose veins cause discomfort such as the heaviness, numbness, and tingling sensations Julia described,” continues Dr. Zuzga, “and it is common for symptoms to intensify the more a person is on the surface of the skin. 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