

Blood Vessel Disease

Blood vessel disease is also called peripheral vascular disease or artery disease. It is the narrowing of the blood vessels in the abdomen, legs and arms. When the blood vessels narrow, less oxygen-rich blood gets to your body parts. This can cause tissue and cell death or gangrene. Blood vessel disease is the leading cause of amputations. Blood vessel disease is caused by a build-up of fatty deposits called plaque. Some of the blood vessels or blood clots can cause other problems.

Signs of Blood Vessel Disease in the Abdomen, Legs and Arms

- Muscle pain, aches or cramps
- Cool, pale skin, cold hands and feet
- Reddish-blue color of the skin and nails of the hands and feet
- A sore that takes a long time to heal or when scabbed over, looks black
- Loss of hair on legs, feet or toes
- Faint or no pulse in the legs or feet

Risk Factors

You are at higher risk for blood vessel disease if you:

- Smoke
- Have diabetes
- Are over the age of 45
- Have high cholesterol
- Have high blood pressure
- Have a family member with heart or blood vessel disease
- Are overweight
- Are inactive

Bolest krvnih žila

Bolest krvnih žila se takođe naziva periferna vaskularna bolest ili oboljenje arterija, pri čemu dolazi do sužavanja krvnih žila u abdomenu, nogama i rukama. Kada se krvne žile suze, u Vaše dijelove tijela stiže manje krvi bogate kisikom. Ovo može prouzrokovati odumiranje tkiva i stanica ili gangrenu. Bolest krvnih žila je vodeći uzrok amputacija. Bolest krvnih žila prouzrokovana je nagomilavanjem masnih naslaga zvanih plak. Neke od krvnih žila ili krvnih ugrušaka mogu uzrokovati druge probleme.

Simptomi bolesti krvnih žila u abdomenu, nogama i rukama

- Bol mišića, bolovi ili grčevi
- Hladna, blijeda koža, hladne šake i stopala
- Crvenkasto-plava boja kože i noktiju na rukama i stopalima
- Bolne rane kojima dugo treba da zacijele ili kada se okrastave izgledaju crne
- Gubitak malja na nogama, stopalima ili nožnim prstima
- Nesvjestica ili nedostatak pulsa u nogama ili stopalima

Faktori rizika

Vi ste pod većim rizikom za oboljenje krvnih žila ako:

- pušite
- imate dijabetes
- imate preko 45 godina
- imate visok holesterol
- imate visok krvni tlak
- imate člana u porodici koji ima srčano ili oboljenje krvnih žila
- imate prekomjernu tjelesnu težinu
- niste aktivni

Your Care

Blood vessel disease may be prevented or slowed down with healthy choices.

- Have your blood pressure checked.
- See your doctor each year.
- Do not smoke or use tobacco.
- Exercise each day.
- Eat a diet low in fat and high in fiber.
- Manage your stress.

Your care may also include medicine and surgery.

Talk to your doctor about your treatment options.

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Vaša njega

Bolest krvnih žila se može spriječiti ili usporiti zdravim izborima.

- Provjerite svoj krvni tlak.
- Posjetite svog doktora svake godine.
- Nemojte pušiti ili upotrebljavati duhan.
- Vježbajte svaki dan.
- Uzimajte namirnice sa malo masnoća a bogate vlaknima.
- Kontrolišite stres.

Vaša njega može uključiti i lijekove i operaciju.

Razgovarajte sa svojim doktorom o mogućnostima svog liječenja.