

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. Blood vessel disease is caused by a build-up of fatty deposits called plaque that narrows blood vessels. When the blood vessels narrow, less oxygen-rich blood gets to your body parts. This can cause tissue and cell death. Blood vessel disease is the leading cause of amputations.

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
- Pain with exercise that goes away when you rest

If you have any of the signs, call your doctor to get checked.

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

Bolest krvnih sudova

Bolest krvnih sudova se takođe naziva periferna vaskularna bolest ili oboljenje arterija, pri čemu dolazi do sužavanja krvnih sudova u abdomenu, nogama i rukama. Oboljenje krvnih sudova nastaje usljed nagomilavanja masnih naslaga koje se nazivaju plak, što izaziva suženje krvnih sudova. Skupa sa suženjem krvnih sudova, u tijelu se smanjuje protok krvi bogate kiseonikom. Ovo može prouzrokovati odumiranje ćelija i tkiva. Bolest krvnih sudova je glavni uzrok amputacija.

Simptomi bolesti krvnih sudova u abdomenu, nogama i rukama

- Bol mišića, bolovi i grčevi
- Hladna, blijeda koža, hladne šake i stopala
- Crvenkasto-plava boja kože i noktiju na rukama i stopalima
- Rane kojima dugo treba da zacijele ili kada se okrastave izgledaju crne
- Gubitak malja na nogama, stopalima ili nožnim prstima
- Slab ili nemate uopšte nikakav puls u nogama ili stopalima
- Bol dok radite fizičke vježbe koji nestaje kada se odmarate

Ako imate i jedan od ovih znakova, obratite se svom ljekaru i tražite da vas pregleda.

Faktori rizika

Postoji veći rizik da obolite od bolesti krvnih sudova ako:

- pušite
- imate dijabetes
- imate preko 45 godina
- imate visok holesterol
- imate visok krvni pritisak

- Have a family member with heart or blood vessel disease
- Are overweight
- Are inactive

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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- imate člana porodice koji ima bolest srca ili krvnih sudova
- imate povećanu tjelesnu težinu
- niste aktivni

Njega

Bolest krvnih sudova se može spriječiti ili usporiti zdravim načinom življenja.

- Provjerite svoj krvni pritisak.
- Obavljajte godišnje ljekarske preglede.
- Nemojte pušiti ili konzumirati duhanske proizvode.
- Vježbajte svaki dan.
- Uzimajte namirnice niske masnoće, a bogate vlaknima.
- Kontrolišite stres.

Vaša njega može uključiti lijekove i operaciju.

Posavjetujte se sa svojim ljekarom o mogućnostima vašeg liječenja.

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Blood Vessel Disease. Bosnian