

# 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

# 血管疾患

血管疾患は末梢血管障害または動脈疾患とも呼ばれます。これは腹部や手足の血管が狭くなった状態を指します。血管疾患は、プラークと呼ばれる脂肪性沈着物によって血管が狭窄することが原因で発症します。血管が狭窄すると、体の各部位に酸素を運ぶ血液が十分に送られなくなり、細胞死と組織死を招く場合があります。血管疾患は切断術の第 1 の原因です。

## 腹部や手足の血管疾患の兆候

- 筋肉の痛み、うずき、またはけいれん
- 肌が冷たく青白くなる、手足の冷え
- 手足の皮膚または爪の部分が紫色になる
- ヒリヒリした痛みが続く、かさぶたができる、黒っぽい
- すね毛など足の毛の減少
- 足で脈がほとんど感じられない
- 運動時に感じるが、休むと消える痛み

これらの徴候が現れたら、医師の診断を受けてください。

## 危険因子

以下の条件に該当する方は、血管疾患のリスクが高いといえます。

- 喫煙者
- 糖尿病患者
- 45 才以上
- 高コレステロール値
- 高血圧

- 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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- 家族に心臓病または血管疾患を患っている人がいる
- 肥満
- 運動をしない

## 対処法

血管疾患は、健康に注意すれば、予防したり、進行を遅らせることができる病気です。

- 血圧を測定する。
- 毎年健康診断を受ける。
- 禁煙する。
- 毎日運動する。
- 低脂肪で食物繊維が豊富な食生活を送る。
- ストレスを管理する。

投薬や手術による治療もあります。

**治療方法については、主治医にご相談ください。**

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