

# 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

# Cudurka Marinka Dhiigga

Cudurka marinka dhiigga waxaa loo yaqaannaa cudurka dhuumaha ugu sarreeya ama cudurka halbowlaha. Waa cidhiidhi gelinta marinnada dhiigga ee ku jira uur ku jirta, lugaha iyo gacmaha. Cudurka marinada dhiigga waxa keena xaydh isbiirsatay oo loo yaqaan xaydh “plaque” oo marinada dhiiga cidhiidhi gelisa. Marka ay marinnada dhiiggu cidhiidhi noqdaan, dhiig uu ogsijiinku ku yar yahay ayaa qaybaha jidhkaaga gala. Tani waxay sababi kartaa dhimashada unugyada yar-yar iyo unugyada waaweyn ama dhimashada unugyada jidhka. Cudurka marinnada dhiiggu waa sababta horseedda in qayb jidhka ka mid ah la iska gooyo.

## **Calaamadaha Cudurka Marinka Dhiigga ee Uur ku jirta, Lugaha iyo Gacmaha**

- Murqo xanuun, wajaac ama casiraad
- Maqaar qabow, oo midab la’, gacmo iyo cago qabow
- Maqaarka oo midabkiisu buluug-guduudan noqdo iyo ciddiyaha gacmaha iyo cagaha
- Xanuun waqti dheer qaata in uu ku dawoobo ama marka toxobta laga diiro, madow ayey u egtahay
- Timaha lugaha oo baaba’, cagaha ama suulashada
- Miyir beelid ama dhiig garaacid la’aanta lugaha ama cagaha
- Xanuunka jimicsiga oo taga markaad nasato

Haddii aad leedahay mid uun calaamadahaas, u wac takhtarkaaga si lagu baadho

## **Arrimaha Halista ah**

Halis sarreysa ayaad ugu jirtaa cudurka marinka dhiigga haddii aad:

- Sigaar cabto
- Aad sonkorow qabto
- Da’daadu ka weyn tahay 45
- Aad leedahay kolostarool ama dufan sarreeya
- Leedahay dhiig-kar sarreeya

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- 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.**

- Xubin qoyskaaga ka tirsan uu qabay cudurka marinka dhiiga ama wadnaha
- Aad u buuran tahay
- Aadan firfircoonayn

## **Daryeelkaaga**

Cudurka marinka dhiigga waxaa looga hortagi karaa ama hoos loogu dhigi karaa doorashooyin caafimaad leh.

- Ha lagaa cabbiro dhiigga.
- Sanad kasta takhtarkaaga booqo.
- Sigaar ha cabin ama tubaako ha isticmaalin.
- Maalin kasta jir-dhis samee.
- Cun cunto dufanku ku yar yahay buunshuhuna ama faybar ku badan yahay.
- Maaree isku-buuqiddaada ama qulubka.

Daryeelkaaga waxaa kale oo laga yaabaa in ay ku jiraan daawo iyo qalliin.

**Dhakhtarkaaga kala hadal kala doorashooyinka daaweyntaada.**

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