

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

Enfermedad de los vasos sanguíneos

La enfermedad de los vasos sanguíneos también se conoce como enfermedad vascular periférica o enfermedad arterial. Se trata del estrechamiento de los vasos sanguíneos en el abdomen, las piernas y los brazos. La enfermedad de los vasos sanguíneos es causada por una acumulación de depósitos de grasa llamados placa que estrecha los vasos sanguíneos. Cuando se estrechan los vasos sanguíneos, llega menos sangre rica en oxígeno a las partes del cuerpo. Esto puede causar la muerte de los tejidos y de las células. La enfermedad de los vasos sanguíneos es la principal causa de amputaciones.

Síntomas de la enfermedad de los vasos sanguíneos en el abdomen, las piernas y los brazos

- Dolores, malestares o calambres musculares
- Piel fría y pálida, manos y pies fríos
- Color rojizo-azulado de la piel y de las uñas de las manos y los pies
- Una herida que demora en sanar y que cuando cicatriza se ve de color negro
- Pérdida del vello en las piernas, los pies o los dedos de los pies
- Pulso débil o falta de pulso en las piernas o en los pies
- Dolor al hacer ejercicio, que no cesa cuando se descansa

Si tiene alguno de estos síntomas, llame a su médico para que lo examine.

Factores de riesgo

Tiene mayor riesgo de sufrir una enfermedad de los vasos sanguíneos si usted:

- fuma;
- tiene diabetes;
- es mayor de 45 años;
- tiene el colesterol alto;
- tiene presión arterial alta;
- tiene un familiar con enfermedad cardíaca o de los vasos sanguíneos;
- tiene sobrepeso;
- es inactivo.

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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Cuidados

La enfermedad de los vasos sanguíneos se puede prevenir o retardar haciendo elecciones saludables.

- Controle su presión arterial.
- Visite a su médico una vez al año.
- No fume ni use tabaco.
- Haga ejercicio a diario.
- Consuma una dieta baja en grasas y alta en fibras.
- Controle su estrés.
- Sus cuidados también pueden incluir medicamentos y cirugía.

Hable con su médico sobre las opciones de tratamiento.

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