

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

血管疾病

血管疾病也稱為週邊血管疾病或動脈疾病，是腹部、腿部和手臂的血管窄化。血管疾病是由稱為斑塊的脂肪沉積物積聚讓血管變窄而引起。當血管變窄時，流到您身體各部份的帶氧血液會比較少。這可能引起組織和細胞壞死。血管疾病是截肢的主因。

腹部、腿部和手臂的血管疾病症狀

- 肌肉痛、疼痛或痙攣
- 皮膚蒼白發涼，手足冰冷
- 皮膚和手腳指甲呈青紅色
- 創傷經久不癒或結疤後發黑
- 腿、足或腳趾毛髮脫落
- 昏暈或腿或足部無脈動
- 運動時有疼痛感，休息時痛感消失

如果有上述任何症狀，請致電醫生安排檢查。

風險因素

如有下列情形，您有罹患血管疾病的較高風險：

- 吸煙
- 有糖尿病
- 年過45歲
- 有高膽固醇
- 有高血壓

- 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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- 一位家人有心臟或血管疾病
- 體重過量
- 不活動

您的護理

透過健康的選擇，血管疾病可能得到預防或減緩。

- 檢查您的血壓。
- 每年看醫生。
- 不要抽煙或嚼用(嗅)煙草。
- 每天運動。
- 吃低脂高纖維食物。
- 控制您的壓力。

您的護理也可能包括藥物和手術。

請和您的醫生談一談有關您的治療選項。

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