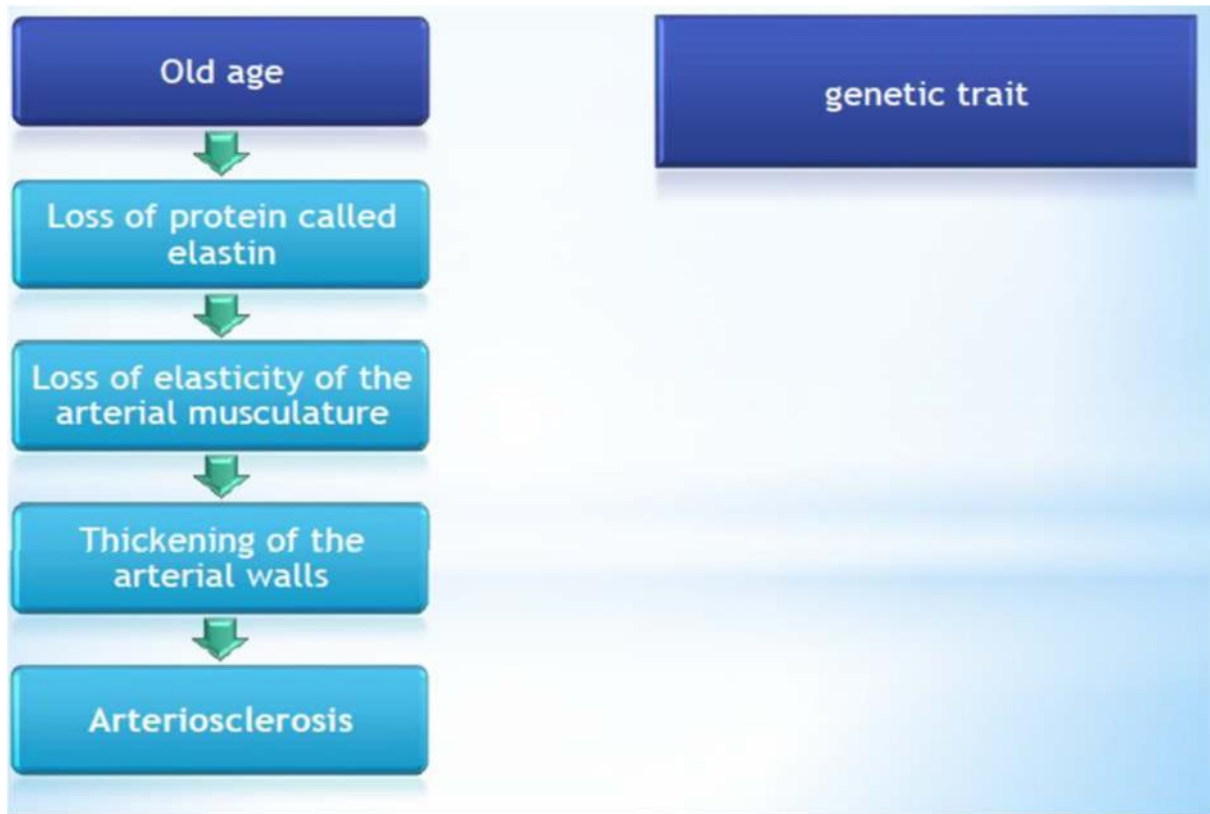


ARTERIOSCLEROSIS

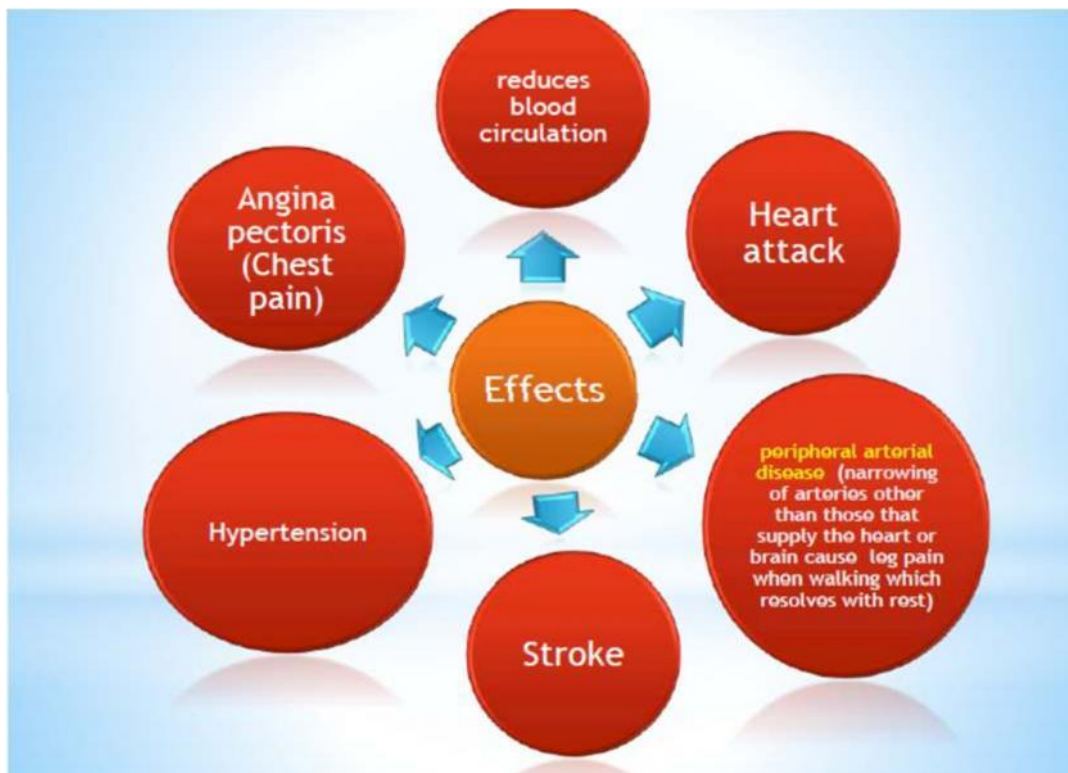
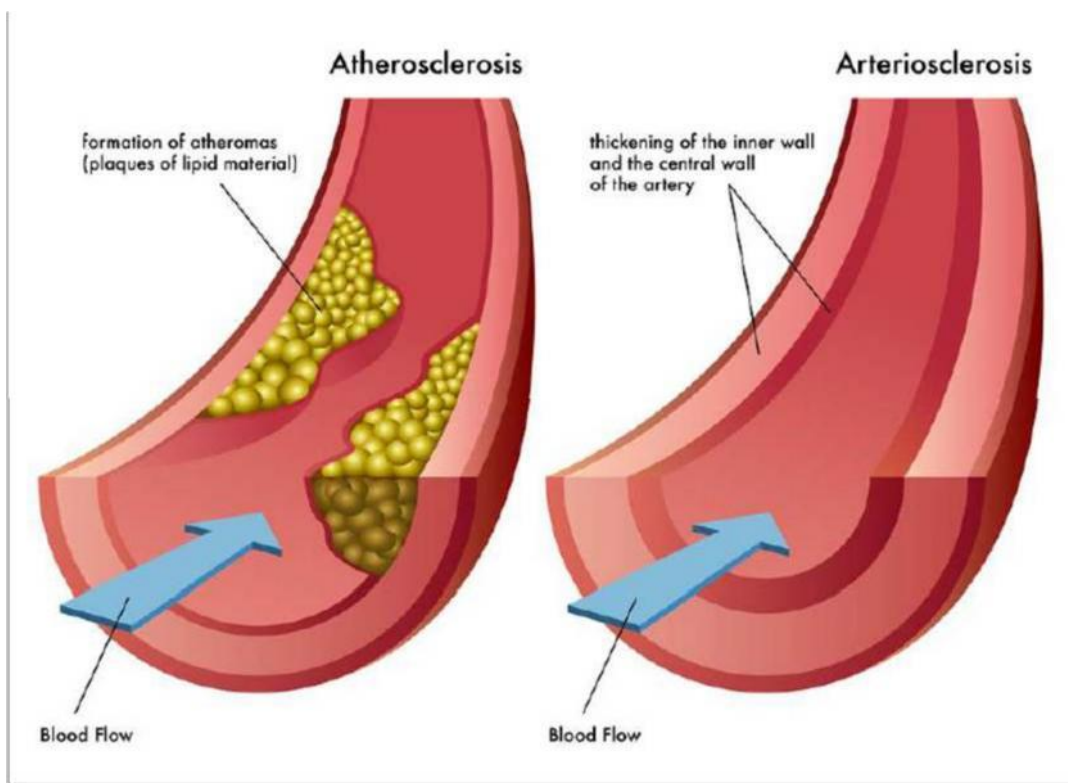
- Arteriosclerosis refers to the thickening and hardening of the medium or large arteries.
- Atherosclerosis is a form of arteriosclerosis in which cholesterol deposits line the inner wall of the artery.
- Arteriosclerotic plaque is a build-up of calcium on the inside of the artery walls. Both terms tend to be used interchangeably to describe the clogging and hardening of the arteries.
- Arteriosclerosis occurs either as a result of high blood pressure, high cholesterol or both.
- High blood pressure can cause the arteries to become stiff and thick, which restricts blood flow throughout the body.
- High cholesterol can cause an excessive build-up of plaque inside the arteries that significantly restrict blood flow.
- Arteriosclerosis most commonly occurs in the arteries of the heart, but it can affect any arteries within the body.

Factors that causes arteriosclerosis



Risk factors

- obesity
- smoking
- diabetes
- Inactivity
- diet high in saturated fat & low in healthy fruits, vegetables



Treatment

- **Lifestyle Modifications**-In the early stages of arteriosclerosis, lifestyle modifications include eating a diet low in cholesterol and salt.
- A healthy diet, along with getting regular exercise, might help slow and possibly even stop the progression of the disease.
- smokers should stop in order to prevent further artery damage.
- **Medications**-Medications, including those for blood pressure and high cholesterol, may be used to control conditions that have contributed to the development of arteriosclerosis.

- aspirin and anticoagulants
- **Bypass Surgery**-using a blood vessel from another part of the body or a synthetic tube to completely bypass the damaged artery.

Signs of Arteriosclerosis

- A decreased pulse in a narrowed artery
- Decreased blood pressure in a limb
- A bulge in the abdomen or behind the knee
- High blood pressure
- Kidney infection
- Shortness of breath
- Dizziness
- Neurological Symptom-Arteriosclerosis may affect the arteries that supply the brain.

Summary

- Arteriosclerosis refers to the thickening and hardening of the medium or large arteries
- artery walls become calcified or hardened which results in a loss of flexibility and elasticity
- Arteriosclerosis is a disease process that occurs gradually over time, and although the hardening of the heart's arteries receives most attention, arteriosclerosis can happen anywhere along the miles of these blood vessels in your body
- Avoid smoking as this can increase the risk of complications such as stroke and heart attack