

WHAT IS VASCULAR DISEASE?

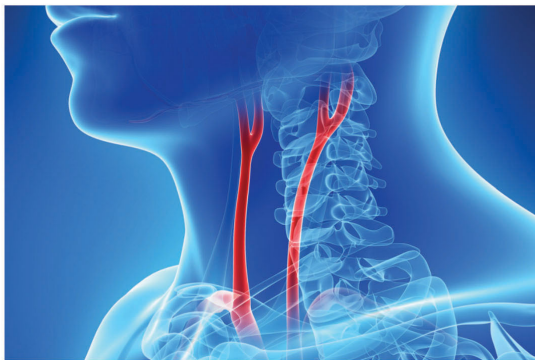
YOUR VASCULAR HEALTH

Your body contains an amazing, intricate system of arteries and veins. Arteries bring oxygen-rich blood from the heart to every inch of the body; veins return the blood back to the heart and lungs for more oxygen.

Most people know that heart disease can occur when blood vessels become clogged with plaque and cholesterol, but many are unaware that the same problem, often called hardening of the arteries (or atherosclerosis), can occur in any artery of the body.

Venous problems occur in the veins, often resulting in leg swelling, deep vein thrombosis (blood clots) and chronic leg problems.

Common types of ARTERY DISEASE include:

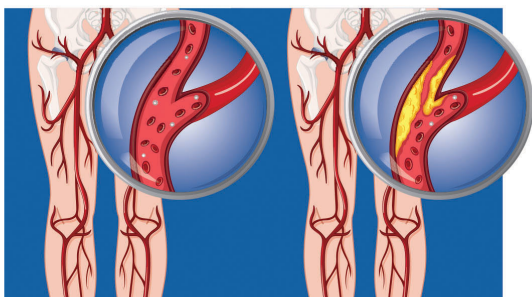
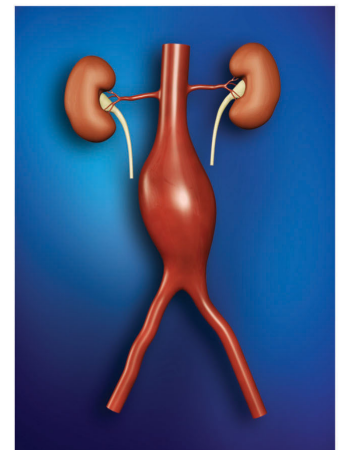


Carotid artery disease and stroke

Carotid arteries in the neck bring oxygen to the brain. Patients who have had a stroke, a transient ischemic attack (TIA) or have been told they have an abnormal sound in that artery, will be referred to a vascular surgeon for diagnosis and possible treatment.

Aneurysms

Aneurysms are bulges that develop in a weakened part of an artery. While these can occur in the brain, they are most common in the aorta, which is the body's biggest artery, running from the heart through the abdomen. Aneurysms can also occur in the pelvis or the knee. They can enlarge when the heartbeat pushes against the weakened wall. In the aorta and pelvis, ruptured aortas can be fatal.



Peripheral arterial disease (PAD)

Patients with hardening of the arteries start to lose blood flow to the limbs. Early on, this may cause pain when walking, but as the disease progresses, it can cause painful foot ulcers, infections, and even gangrene, which could require amputation. People with PAD are three times more likely to die of heart attacks or strokes than those without PAD.

PHYSICAL ACTIVITY AND VASCULAR HEALTH

YOUR VASCULAR HEALTH

TWICE-WEEKLY MUSCLE-STRENGTHENING ACTIVITIES include:



- Sit-ups, push-ups
- Weight lifting
- Heavy gardening such as digging and shoveling
- Yoga

The lack of regular physical activity results in 250,000 deaths annually, according to a 2003 report in the medical journal, *Circulation*. Persons who are the least physically fit have a mortality risk 4.5 times higher than physically fit persons.

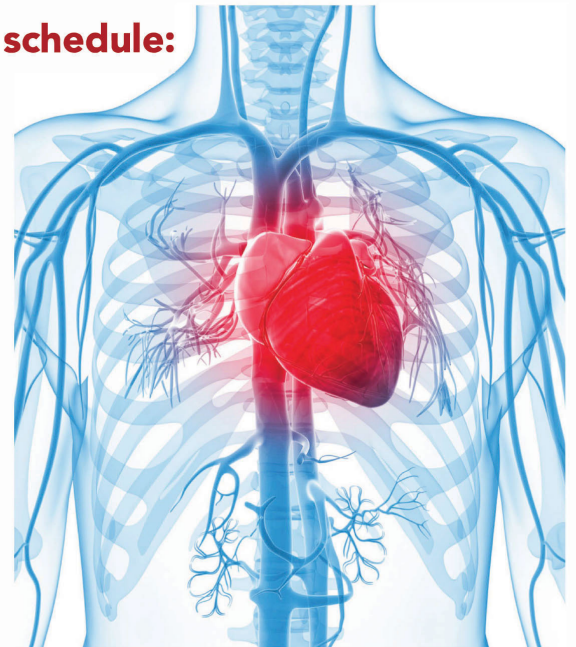
To add PHYSICAL ACTIVITY into your daily schedule:

- Select enjoyable activities
- Work out with a friend
- Encourage family members to participate
- Measure progress through a daily exercise journal.

DID YOU KNOW?

Physical activity is not just good for your veins and arteries – just about every part of your body can benefit. According to the CDC, exercise also helps:

- Maintain healthy weight
- Reduce the risk of cardiovascular disease; can lower blood pressure and improve cholesterol levels
- Reduce the risk for type 2 diabetes; can help control glucose levels
- Reduce the risk of colon and breast cancer
- Strengthen bones and muscles - can increase or build muscle mass and strength; can slow the loss of bone density that comes with age; can help with arthritis and other joint conditions
- Keep thinking, learning, and judgment skills sharp
- Reduce the symptoms of depression and anxiety
- Improve the ability to complete daily activities and prevent falls for older adults
- Increase the chances of living longer by reducing the risk of dying from heart disease and some cancers.



✉ info@ljvascular.com

☎ (858) 550-0330



(858) 283-4099

MEDICARE AND MOST PPO INSURANCE TYPES ACCEPTED

For more information, questions and appointments please call, text, email or visit us at:

www.ljvascular.com

9850 Genesee Ave Suite 410 La Jolla, CA 92037



SVS | Society for Vascular Surgery

SVS | Foundation

For more information visit Vascular.org

Copyright © 2018, Society for Vascular Surgery®. All rights reserved.