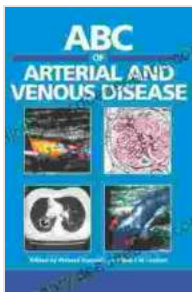


# Abc Of Arterial And Venous Disease Abc Series

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Arterial and venous diseases are two of the most common chronic conditions in the United States. They can lead to a variety of health problems, including heart attack, stroke, and amputation.



## ABC of Arterial and Venous Disease (ABC Series)

by Marjory Harris

★★★★★ 5 out of 5

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The ABCs of Arterial and Venous Disease are a series of articles that will provide you with information about these conditions. In this article, we will discuss the basics of arterial and venous disease, including the symptoms, causes, and treatment options.

## Arterial Disease

Arterial disease is a condition that affects the arteries, which are the blood vessels that carry oxygen and nutrients from the heart to the rest of the

body. Arterial disease can be caused by a number of factors, including:

\*

**Atherosclerosis:** This is the most common cause of arterial disease. Atherosclerosis is a buildup of plaque in the arteries, which can narrow the arteries and reduce blood flow. \*

**Blood clots:** Blood clots can block the arteries and prevent blood from flowing to the heart or other organs. \*

**Vasculitis:** This is a condition that causes inflammation of the arteries. Vasculitis can damage the arteries and reduce blood flow. \*

**Arteriovenous malformations (AVMs):** AVMs are abnormal connections between arteries and veins. AVMs can cause blood to flow in the wrong direction, which can lead to problems such as swelling, pain, and tissue damage.

## **Symptoms of Arterial Disease**

The symptoms of arterial disease can vary depending on the severity of the condition. Some common symptoms include:

\*

**Chest pain (angina):** Angina is a feeling of pressure or tightness in the chest that occurs when the heart is not getting enough blood. \*

**Shortness of breath:** Shortness of breath can occur when the lungs are not getting enough blood. \*

**Leg pain:** Leg pain can occur when the arteries in the legs are narrowed or blocked. \*

**Numbness or tingling in the arms or legs:** Numbness or tingling can occur when the nerves in the arms or legs are not getting enough blood. \*

**Erectile dysfunction:** Erectile dysfunction can occur when the arteries in the penis are narrowed or blocked.

## **Treatment for Arterial Disease**

The treatment for arterial disease depends on the severity of the condition. Some common treatment options include:

\*

**Medications:** Medications can be used to lower blood pressure, reduce cholesterol, and prevent blood clots. \*

**Surgery:** Surgery may be necessary to remove plaque from the arteries, repair damaged arteries, or create new arteries. \*

**Lifestyle changes:** Lifestyle changes, such as eating a healthy diet, exercising regularly, and quitting smoking, can help to prevent and treat arterial disease.

## **Venous Disease**

Venous disease is a condition that affects the veins, which are the blood vessels that carry blood back to the heart. Venous disease can be caused by a number of factors, including:

\*

**Varicose veins:** Varicose veins are swollen, twisted veins that can occur when the valves in the veins do not work properly. \*

**Spider veins:** Spider veins are small, red or purple veins that can occur on the legs or face. \*

**Deep vein thrombosis (DVT):** DVT is a blood clot that forms in a deep vein, usually in the leg. \*

**Pulmonary embolism (PE):** PE is a blood clot that travels to the lungs.

## **Symptoms of Venous Disease**

The symptoms of venous disease can vary depending on the type of venous disease. Some common symptoms include:

\*

**Swelling in the legs:** Swelling in the legs can occur when the veins in the legs are not able to drain blood properly. \*

**Pain in the legs:** Pain in the legs can occur when the veins in the legs are swollen or inflamed. \*

**Varicose veins:** Varicose veins are swollen, twisted veins that can occur when the valves in the veins do not work properly. \*

**Spider veins:** Spider veins are small, red or purple veins that can occur on the legs or face. \*

**Shortness of breath:** Shortness of breath can occur when a blood clot travels to the lungs. \*

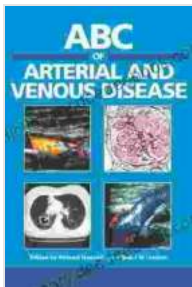
**Chest pain:** Chest pain can occur when a blood clot travels to the lungs.

## Treatment for Venous Disease

The treatment for venous disease depends on the type of venous disease. Some common treatment options include:

\*

**Medications:** Medications can be used to reduce swelling, pain, and blood clots.



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