

# 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. When the blood vessels narrow, less oxygen-rich blood gets to your body parts. This can cause tissue and cell death or gangrene. Blood vessel disease is the leading cause of amputations. Blood vessel disease is caused by a build-up of fatty deposits called plaque. Some of the blood vessels or blood clots can cause other problems.

## 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

## 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

## 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.

# 血管疾病

血管疾病也称为周边血管疾病或动脉疾病。是腹部、腿部和手臂的血管窄化。当血管变窄时，流到您身体各部分的带氧血液会比较少。这可能引起组织和细胞坏死或坏疽。血管疾病是截肢的主因。血管疾病由称为斑块的脂肪沉积物引起。一些血管或血栓也能引起其它问题。

## 腹部、腿部和手臂的血管疾病症状

- 肌肉痛、疼痛或痉挛
- 皮肤苍白发凉，手足冰冷
- 皮肤和手脚指甲呈青红色
- 创伤经久不愈或结疤后发黑
- 腿、脚或脚趾毛发脱落
- 昏晕或腿或脚部无脉动

## 风险因素

如有下列情形，您有罹患血管疾病的高风险：

- 吸烟
- 有糖尿病
- 年过 45 岁
- 有高胆固醇
- 有高血压
- 一位家庭成员有心脏或血管疾病
- 体重过量
- 不活动

## 您的护理

通过健康的选择，血管疾病可能得到预防或减缓。

- 检查您的血压。
- 每年看医生。
- 不要抽烟或嚼用(嗅)烟草。
- 每天锻炼。

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- 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.**

- 吃低脂肪高纤维食物。
  - 减轻您的压力。
- 您的护理也可能包括药物和手术。

**请和您的医生谈一谈有关您的治疗选项。**

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