

血管疾病

Blood Vessel Disease

Blood vessel disease is also called peripheral vascular disease or peripheral 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.

血管疾病又名周边血管疾病或动脉疾病, 由腹部、腿部和手臂的血管窄化造成。血管疾病是由称为斑块的脂肪沉积物使血管变窄而引起。当血管变窄时, 流到您身体各部分的带氧血液会减少。这可能引起组织和细胞坏死。血管疾病是截肢的主因。

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
- 锻炼身体时感到疼痛, 休息时疼痛消失

如果有上述任何症状, 请致电医生安排检查。

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.

- Keep your blood pressure in a healthy range.
- If you have diabetes, keep your blood sugar in a healthy range.
- 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.

风险因素

如果您符合以下情况，则罹患血管疾病的风险更高：

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

医疗护理

通过养成健康的习惯，有可能预防或减缓血管疾病。

- 血压保持在健康范围内。
- 如果您患有糖尿病，请将血糖保持在健康范围内。
- 每年看医生。
- 切勿吸烟或使用烟草制品。
- 每天锻炼。
- 吃低脂肪高纤维食物。
- 有效缓解压力。

治疗方法可能还包括药物和手术。

请和您的医生讨论具体的治疗方法。