

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.

血管疾病也稱為週邊血管疾病或動脈疾病，是腹部、腿部和手臂的血管窄化。血管疾病是由稱為斑塊的脂肪沉積物積聚讓血管變窄而引起。當血管變窄時，到您身體各部份的帶氧血液會比較少。這可能引起組織和細胞壞死。血管疾病是截肢的主因。

腹部、腿部和手臂的血管疾病症

- 肌肉痛、疼痛或痙攣
 - 皮膚蒼白發涼，手足冰
 - 皮膚和手腳指甲呈青紅色
 - 創傷經久癒或結疤後發黑
 - 腿、足或腳趾毛髮脫
 - 昏或腿或足部無脈動
 - 運動時有疼痛感，休息時痛感消失
- 如有上述任何症，請致電醫生安排檢查。

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.

風險因素

如有下情形，您有患血管疾病的較高風險：

- 吸煙
- 患有病
- 過45歲
- 有高膽固醇
- 有高血壓
- 家庭成員有心臟或血管疾病
- 體重過
- 活動

醫療護理

透過健康的選擇，血管疾病可能得到預防或減緩。

- 使血壓保持在健康的範圍內。
- 如患有病，使血保持在健康的範圍內。
- 每看醫生。
- 要抽煙或嚼用(嗅)煙草。
- 每天運動。
- 吃低脂高纖維食物。
- 控制您的壓。

您的護也可能包括藥物和手術。

請諮詢您的醫師有關您的治選項。