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Peripheral vascular disease (PVD) usually refers to fatty deposits (atherosclerosis) that narrow the arteries, PVD occurs most often in the legs. Arteries are blood vessels that carry oxygen and nutrients to cells rompers. If the arteries are narrowed or blocked, the cells can not get enough blood that carries oxygen and essential nutrients. The cells can become infected or die, which can lead to foot ulcers, gangrene, and possibly amputation.

Major risk factors for PVD are: advanced age (arteries become less elastic and more likely to have blockages or other damage during aging). Smoking (smoking constricts blood vessels). High cholesterol or triglycerides (cholesterol and triglycerides, fatty substances that clog arteries, and these deposits are also called ulcers, which trap clots and other material that may make the artery more narrow, or perhaps block it off).

The presence of fatty deposits (atherosclerosis) and in other places within the body like the heart or brain. Diabetes damages the inner lining of blood vessels, blood vessels become less elastic, rough and cracked inside, making them more likely to catch clots and other materials. Symptoms of PVD depends on how much blood flow is reduced.

In light and medium PVD, symptoms include pain, muscular cramps, weakness, pain or numbness in the feet of brawn, which occurs during physical exercise. As the disease progresses, it may be cold or numbness in the legs or feet, poor wound healing after skin damage and leg weakness. Symptoms of PVD include severe pain at rest, worse when the legs are raised, it is better when your feet are below the heart (in a sitting position).

Critical symptoms include ulcers on the legs, feet, hands or feet, increased pain requiring narcotic pain or gangrene. Treatment depends on the general state of health, how serious is the PVD, and your willingness to put into practice the following lifestyle changes: stop smoking. Seek help from your doctor if necessary.

Follow a low fat diet. You may need medication to bring down cholesterol or triglycerides, if you have elevated levels in the blood. Keep blood sugar under good control if you are diabetic.

Avoid wearing socks with elastic tops, pidvyazky, crossing legs, and other items or clothing that might constrict your blood flow. Perform daily foot care, including check and legs every day, applying lotion (not between toes), wearing comfortable, breathable shoes without any pain points, and always wear warm, dry socks. Exercise daily.

Ask your doctor about what type and how much to you. Take that blood thinning medication, as prescribed by a doctor to help prevent clots. Consider surgery only under paper essay the doctor's recommendations.

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