

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。當血管變窄時，流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或壞疽。血管疾病是截肢的主因。血管疾病由稱為斑的脂肪沉積物積聚而引起。一些血管或血栓也能引起其他問題。

腹部、腿部和手臂的血管疾病症狀

- 肌肉痛、疼痛或痙攣
- 皮膚蒼白發涼，手足冰冷
- 皮膚和手腳指甲呈青紅色
- 創傷經久不癒或結疤后發黑
- 腿、足或足趾毛髮脫落
- 昏暈或腿或足部無脈動

風險因素

如有下列情形，您有罹患血管疾病的高風險：

- 吸煙
- 有糖尿病
- 年過 45 歲
- 有高膽固醇
- 有高血壓
- 一位家庭成員有心臟或血管疾病
- 體重過量
- 不活動

您的護理

通過健康的選擇，血管疾病可能得到預防或減緩。

- 檢查您的血壓。
- 每年看醫生。
- 不要抽煙或嚼用(嗅)煙草。
- 每天運動。

Blood Vessel Disease. Traditional Chinese.

- 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.

- 吃低脂肪高纖維食物。
 - 減輕您的壓力。
- 您的護理也可能包括藥物和手術。

請和您的醫生談一談有關您的治療選項。

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