1

00:00:00,800 --> 00:00:04,200

What predisposes to peripheral arterial disease?

2

00:00:05,040 --> 00:00:11,020

As peripheral arterial disease is mainly caused by atherosclerosis,

3

00:00:11,120 --> 00:00:14,620

the known risk factors need to be

4

00:00:14,720 --> 00:00:21,500

identified. The most common risk factors for vascular diseases are

5

00:00:21,600 --> 00:00:26,540

smoking, high cholesterol and diabetes, they can

6

00:00:26,640 --> 00:00:31,260

also be considered a serious risk for lower extremity

7

00:00:31,360 --> 00:00:36,860

arterial disease. First, it is worth talking about smoking,

8

00:00:36,960 --> 00:00:42,220

as we know that patients who smoke have a much higher

9

00:00:42,320 --> 00:00:48,700

risk of peripheral arterial disease compared to non-smokers.

10

00:00:48,800 --> 00:00:55,100

It is very interesting to see that compared to other vascular areas,

11

00:00:55,200 --> 00:01:02,120

smoking poses a much higher risk for the lower limbs.

12

00:01:02,400 --> 00:01:05,820

It is very important to quit smoking

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00:01:05,920 --> 00:01:10,940

in the case of an already detected lower limb arterial disease,

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00:01:11,040 --> 00:01:14,940

because even if someone had been smoking for forty years,

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00:01:15,040 --> 00:01:21,260

quitting will halt the worsening of the disease or possibly prevent

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00:01:21,360 --> 00:01:28,280

another vascular occlusion following a vascular surgery.

17

00:01:28,400 --> 00:01:34,140

Among the risk factors we should mention diabetes as well.

18

00:01:34,240 --> 00:01:37,980

This is especially important as we know that about 50 percent

19

00:01:38,080 --> 00:01:44,700

of lower limb amputations are performed on diabetic patients..

20

00:01:44,800 --> 00:01:48,940

So diabetes is not just a very serious risk factor

21

00:01:49,040 --> 00:01:53,740

in terms of peripheral arterial disease, but also in terms of

22

00:01:53,840 --> 00:01:59,260

limb amputations, and here are two things worth noting.

23

00:01:59,360 --> 00:02:03,820

One extremely important aspect is the proper treatment of

24

00:02:03,920 --> 00:02:08,620

diabetes, however regular inspection of the feet is also crucial

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00:02:08,720 --> 00:02:13,180

to detect any small wound at an early stage, while

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00:02:13,280 --> 00:02:18,460

still curable , in order to prevent more severe

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00:02:18,560 --> 00:02:24,780

necrosis. High cholesterol is also a

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00:02:24,880 --> 00:02:30,060

risk factor for lower extremity arterial disease.

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00:02:30,160 --> 00:02:35,180

Here, in addition to proper nutrition, we can treat

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00:02:35,280 --> 00:02:40,600

this risk factor well with appropriate medication.

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00:02:40,800 --> 00:02:46,700

High blood pressure, which is one of the most common diseases

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00:02:46,800 --> 00:02:52,540

in adults, also increases the risk of peripheral arterial disease,

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00:02:52,640 --> 00:02:59,020

therefore it is worth screening patients with high blood pressure even

34

00:02:59,120 --> 00:03:01,820

if they are asymptomatic,

35

00:03:01,920 --> 00:03:07,320

to check for lower limb arteial disease, that may not yet be causing symptoms.

36

00:03:07,680 --> 00:03:12,860

Age is also another risk factor. Unfortunately, this is

37

00:03:12,960 --> 00:03:18,380

a risk factor that cannot be influenced. As we get older,

38

00:03:18,480 --> 00:03:24,860

the risk of atherosclerosis increases, and large studies have shown

39

00:03:24,960 --> 00:03:31,420

that the prevalence of lower extremity arterial disease reaches 20 percent

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00:03:31,520 --> 00:03:36,140

over the age of 65, yet only one in ten people have symptoms.

41

00:03:36,240 --> 00:03:41,660

Therefore, we tend to call attention again that over the age of 65,

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00:03:41,760 --> 00:03:46,700

regardless of other risk factors, it is worthwhile

43

00:03:46,800 --> 00:03:52,780

to have an ankle brachial index screening to detect the disease in time.

44

00:03:52,880 --> 00:03:58,940

And risk factors also include a sedentary lifestyle.

45

00:03:59,040 --> 00:04:04,380

It is also important to know that there is a family predisposition,

46

00:04:04,480 --> 00:04:07,680

which should also be taken into account during screening.