1

00:00:00,880 --> 00:00:04,760

Is the predisposition to peripheral arterial disease inherited?

2

00:00:06,160 --> 00:00:11,900

Predisposition to peripheral arterial disease is known to be hereditary,

3

00:00:12,000 --> 00:00:18,540

but the exact genes that influence heredity are not yet identified.

4

00:00:18,640 --> 00:00:21,660

This predisposition is of great importance

5

00:00:21,760 --> 00:00:26,780

for the development of atherosclerosis in later life,

6

00:00:26,880 --> 00:00:33,020

so it is advisable that if someone has a first-degree relative,

7

00:00:33,120 --> 00:00:37,900

i.e. primarily parents, but also grandparents,

8

00:00:38,000 --> 00:00:43,900

who have had atherosclerosis, they should pay close

9

00:00:44,000 --> 00:00:48,780

attention to the different risk factors which may contribute to the

10

00:00:48,880 --> 00:00:54,060

development of peripheral arterial disease together with the family predisposition.

11

00:00:54,160 --> 00:01:00,620

It is also worth using screening tests.

12

00:01:00,720 --> 00:01:06,460

So if you have a known family history

13

00:01:06,560 --> 00:01:11,740

you should avoid a sedentary lifestyle, take regular

14

00:01:11,840 --> 00:01:17,580

walks or exercise, avoid smoking, and if you have

15

00:01:17,680 --> 00:01:22,940

high blood pressure or diabetes, treating it properly

16

00:01:23,040 --> 00:01:28,240

will reduce your risk of developing vascular disease.