1

00:00:00,880 --> 00:00:03,890

*Is lower extremity arterial disease curable?*

2

00:00:04,000 --> 00:00:08,940

*Lower extremity arterial disease can be cured. There are several options*

3

00:00:09,040 --> 00:00:14,460

*available to your doctor to treat your lower extremity arterial disease.*

4

00:00:14,560 --> 00:00:18,460

*The first group includes procedures that are not pharmacological .*

5

00:00:18,560 --> 00:00:23,100

*I would like to mention lifestyle changes in particular.*

6

00:00:23,200 --> 00:00:27,340

*It is very important to quit smoking in this respect.* Regular

7

00:00:27,440 --> 00:00:29,740

*physical activity is also very important.*

8

00:00:29,840 --> 00:00:35,820

*Proper weight control to avoid gaining weight.*

9

00:00:35,920 --> 00:00:39,820

*It is also very important to address the different risk factors.*

10

00:00:39,920 --> 00:00:44,140

*This includes, of course, lifestyle management options*

11

00:00:44,240 --> 00:00:47,340

*such as a proper reduced calorie intake,*

12

00:00:47,440 --> 00:00:50,380

*proper nutrition, a Mediterranean diet,*

13

00:00:50,480 --> 00:00:55,580

*all of which can be used not only to prevent* *lower extremity arterial disease*

14

00:00:55,680 --> 00:01:01,580

*but also to prevent the progression of lower extremity arterial disease.*

15

00:01:01,680 --> 00:01:05,580

*In addition, controlled exercise therapy is also a non-pharmacological*

16

00:01:05,680 --> 00:01:11,660

*procedure that can improve the symptoms of lower extremity arterial disease.*

17

00:01:11,760 --> 00:01:14,700

*Controlled exercise therapy is a procedure in which*

18

00:01:14,800 --> 00:01:19,580

*a patient engages in regular physical activity*

19

00:01:19,680 --> 00:01:25,100

*through a specific programme.* *This programme is planned*

20

00:01:25,200 --> 00:01:29,580

*for you in advance and this physical activity, walking,*

21

00:01:29,680 --> 00:01:35,880

*will help you to increase your walking capacity.*

22

00:01:36,240 --> 00:01:40,220

*In addition to non-pharmacological treatment, there are, of course,*

23

00:01:40,320 --> 00:01:45,180

*pharmaceutical treatments available. It is important to mention*

24

00:01:45,280 --> 00:01:49,660

*here the drugs that reduce the risk of cardiovascular disease,*

25

00:01:49,760 --> 00:01:53,180

*because lower limb arterial disease belongs to cardiovascular*

26

00:01:53,280 --> 00:01:56,940

*diseases, and the risk of this can also be reduced*

27

00:01:57,040 --> 00:02:00,780

*with these drugs. Which ones belong here?*

28

00:02:00,880 --> 00:02:05,740

*Platelet regulation and platelet inhibitor agents are very important.*

29

00:02:05,840 --> 00:02:09,820

*Such classic, well-known medication is aspirin,*

30

00:02:09,920 --> 00:02:13,180

*but other medications are also available.*

31

00:02:13,280 --> 00:02:17,820

*It is crucial to ensure adequate cholesterol levels, and cholesterol-lowering*

32

00:02:17,920 --> 00:02:21,980

*medications should be used to achieve this.*

33

00:02:22,080 --> 00:02:26,940

*Proper management of diabetes is very important. In such cases,*

34

00:02:27,040 --> 00:02:29,900

*not just the diet is key, but the appropriate*

35

00:02:30,000 --> 00:02:32,300

*medication may be necessary.*

36

00:02:32,400 --> 00:02:35,340

*It is crucial to adjust the blood pressure right,*

37

00:02:35,440 --> 00:02:38,860

*by taking the right antihypertensive medication*

38

00:02:38,960 --> 00:02:41,660

*to keep the patient's blood pressure normal,*

39

00:02:41,760 --> 00:02:46,220

*because elevated blood pressure also damages the blood vessels,*

40

00:02:46,320 --> 00:02:51,800

*also very importantly, there are also drugs that improve walking capacity,*

41

00:02:52,320 --> 00:02:57,420

*which are various medicines that increase circulation*

42

00:02:57,520 --> 00:03:01,900

*in the lower limb and thus help reduce the symptoms.*

43

00:03:02,000 --> 00:03:05,980

*the symptoms.* *In addition to medication,*

44

00:03:06,080 --> 00:03:11,020

*it may, of course, be necessary to undergo vascular surgery*

45

00:03:11,120 --> 00:03:17,020

*or radiological treatment to solve the stenosis.*

46

00:03:17,120 --> 00:03:21,260

*These come into play in specific cases. Medication and*

47

00:03:21,360 --> 00:03:25,420

*lifestyle management is available for all patients,*

48

00:03:25,520 --> 00:03:30,540

*but in some more severe cases, revascularisation treatment is necessary.*

49

00:03:30,640 --> 00:03:36,220

*This may be surgical treatment, or some kind of intravascular dilation*

50

00:03:36,320 --> 00:03:40,560

*through a radiological procedure.*