1

00:00:00,400 --> 00:00:03,410

*How can lower extremity arterial disease be prevented?*

2

00:00:03,520 --> 00:00:08,220

*Lower extremity arterial disease is a form of atherosclerosis. Most often,*

3

00:00:08,320 --> 00:00:13,580

*lower extremity arterial disease is caused by atherosclerosis.* *All treatments*

4

00:00:13,680 --> 00:00:18,300

*and measures that can inhibit the severity and progression of*

5

00:00:18,400 --> 00:00:23,020

*atherosclerosis can also prevent lower limb arterial disease.*

6

00:00:23,120 --> 00:00:26,940

*Which ones do we mean here?* *Lifestyle changes are particularly*

7

00:00:27,040 --> 00:00:31,900

*important in this regard. It is very important*

8

00:00:32,000 --> 00:00:37,020

*to lead a healthy lifestyle in order to develop the characteristic symptoms*

9

00:00:37,120 --> 00:00:41,820

*of lower extremity arterial disease as late as possible.* *What are*

10

00:00:41,920 --> 00:00:43,900

*these lifestyle changes? First and foremost,*

11

00:00:44,000 --> 00:00:47,900

*you should not smoke. Smoking has a very strong*

12

00:00:48,000 --> 00:00:52,300

*and clear association with the development of vascular stenosis.*

13

00:00:52,400 --> 00:00:56,780

*Physical activity, regular exercise and an active lifestyle*

14

00:00:56,880 --> 00:01:01,740

*are essential. After all, a sedentary lifestyle*

15

00:01:01,840 --> 00:01:06,780

*not only causes obesity, but also increases the risk of developing*

16

00:01:06,880 --> 00:01:11,180

*atherosclerosis. It is very important that*

17

00:01:11,280 --> 00:01:14,700

*if you have a condition that is known*

18

00:01:14,800 --> 00:01:17,020

*to increase your risk of*

19

00:01:17,120 --> 00:01:20,460

*atherosclerosis, you manage it right.*

20

00:01:20,560 --> 00:01:24,220

*Three diseases are in focus in this respect.*

21

00:01:24,320 --> 00:01:28,940

*One of them is hypertension. In the management of hypertension*

22

00:01:29,040 --> 00:01:31,980

*it is very important to reach the target level by the proper*

23

00:01:32,080 --> 00:01:36,140

*medication of the patient. The second focal disease*

24

00:01:36,240 --> 00:01:39,340

*is diabetes, because we know that it also has a very*

25

00:01:39,440 --> 00:01:44,140

*strong correlation with the higher risk of lower limb arterial disease.*

26

00:01:44,240 --> 00:01:46,940

*Thirdly, we should mention metabolic diseases associated with*

27

00:01:47,040 --> 00:01:51,580

*high cholesterol level, abnormal cholesterol levels,*

28

00:01:51,680 --> 00:01:56,620

*lowering cholesterol level is an extremely important measure.*

29

00:01:56,720 --> 00:02:01,340

*This can prevent not only the development of*

30

00:02:01,440 --> 00:02:05,980

*extremity arterial disease, but can also reverse it*

31

00:02:06,080 --> 00:02:10,380

*once it has already occured, as clinical trials have clearly shown*

32

00:02:10,480 --> 00:02:15,820

*that achieving the right level of cholesterol can*

33

00:02:15,920 --> 00:02:21,980

*reduce the size of adipose plaque in the vessel wall and*

34

00:02:22,080 --> 00:02:25,760

*improve symptoms as the size of the plaque is reduced.*