1

00:00:00,640 --> 00:00:04,460

*What lifestyle is recommended for patients with lower extremity arterial disease?*

2

00:00:04,560 --> 00:00:07,820

*It is very important for a patient with lower extremity arterial disease*

3

00:00:07,920 --> 00:00:11,180

*to get rid of harmful addictions.* *Smoking should be highlighted here,*

4

00:00:11,280 --> 00:00:14,780

*as we know that smoking is a very strong risk factor for*

5

00:00:14,880 --> 00:00:17,260

*vascular stenosis.*

6

00:00:17,360 --> 00:00:20,300

*So people with lower extremity arterial disease should not smoke.*

7

00:00:20,400 --> 00:00:24,540

*Every effort should be made to quit smoking,*

8

00:00:24,640 --> 00:00:28,620

*including psychiatric and psychological help and medication*

9

00:00:28,720 --> 00:00:33,660

*if necessary, in order to help the patient quit.*

10

00:00:33,760 --> 00:00:38,780

*It is very important for a patient with vascular stenosis to lead a physically active life.*

11

00:00:38,880 --> 00:00:43,820

*In many cases, this is difficult, since vascular obstruction inevitably causes*

12

00:00:43,920 --> 00:00:48,780

*symptoms and* *pain while walking, but patients must understand*

13

00:00:48,880 --> 00:00:54,540

*that pain in this case is only a warning sign. It is crucial*

14

00:00:54,640 --> 00:00:59,500

*to continue an active lifestyle, since physical inactivity, case is only*

15

00:00:59,600 --> 00:01:04,300

*a warning sign. It is crucial to continue an active lifestyle, or inadequate physical activity,*

16

00:01:04,400 --> 00:01:09,500

*further damages the conditionof the blood vessels. Therefore, patients with lower*

17

00:01:09,600 --> 00:01:14,300

*extremity arterial disease should not avoid physical activity. So much so*

18

00:01:14,400 --> 00:01:18,940

*that one method of improving the symptoms of lower extremity*

19

00:01:19,040 --> 00:01:24,940

*arterial disease, is the so-called controlled*

20

00:01:25,040 --> 00:01:30,140

*training therapy, where patients follow a suitable, pre-planned schedule*

21

00:01:30,240 --> 00:01:34,860

*of physical activity, walking, gait training of an appropriate*

22

00:01:34,960 --> 00:01:40,540

*pace for several (5-6) days a week, and these gait training sessions help the*

23

00:01:40,640 --> 00:01:46,380

*symptoms of lower extremity arterial disease to subside. But of course,*

24

00:01:46,480 --> 00:01:50,460

*uncontrolled walking, or physical activity,*

25

00:01:50,560 --> 00:01:55,980

*can by itself improve the symptoms or*

26

00:01:56,080 --> 00:02:01,900

*or severity of lower-limb arterial disease. Weight control*

27

00:02:02,000 --> 00:02:06,220

*is also very important in terms of lifestyle, so that you*

28

00:02:06,320 --> 00:02:09,740

*you should not be obese. So a proper reduced*

29

00:02:09,840 --> 00:02:14,940

*calorie intake, a good quality diet is essential for the lifestyle of*

30

00:02:15,040 --> 00:02:19,200

*patients with vascular stenosis.*