1

00:00:00,640 --> 00:00:03,260

*What are the symptoms of peripheral arterial disease?*

2

00:00:03,360 --> 00:00:07,660

*Lower limb arterial disease is a form of arteriosclerosis localised*

3

00:00:07,760 --> 00:00:12,300

*in the lower limb, where the arterial system supplying the skeletal*

4

00:00:12,400 --> 00:00:17,980

*muscles of the lower limb develops a series of obstructions and blockages*

5

00:00:18,080 --> 00:00:23,180

*resulting in lower limb circulatory dysfunction. The symptoms can be traced back to this.*

6

00:00:23,280 --> 00:00:28,540

*In particular, compared to the basic circulation, when we go for a*

7

00:00:28,640 --> 00:00:33,820

*light walk, the circulation of the lower limb skeletal muscles is increased*

8

00:00:33,920 --> 00:00:38,380

*by about tenfold, in response to the increased oxygen demand.*

9

00:00:38,480 --> 00:00:43,100

*The performance of athletes in contrast to average people is based on their*

10

00:00:43,200 --> 00:00:47,820

*ability to achieve this increase in skeletal muscle circulation of up to 40 times.*

11

00:00:47,920 --> 00:00:52,220

The essence of the lower limb arterial stenosis is the limited capacity to meet

12

00:00:52,320 --> 00:00:56,380

the demand of oxygen supply in legs that is needed. *Accordingly,*

13

00:00:56,480 --> 00:00:59,420

*we must look for an explanation of the symptoms in the circulatory*

14

00:00:59,520 --> 00:01:03,740

*compromise of the lower limb. The primary manifestation*

15

00:01:03,840 --> 00:01:08,460

*of these symptoms is the pain, which is best*

16

00:01:08,560 --> 00:01:11,100

*understood in frame of the medical term*

17

00:01:11,200 --> 00:01:16,540

*intermittent claudication. What does it mean?*

18

00:01:16,640 --> 00:01:20,300

*A patient who suffers from lower limb arterial stenosis will*

19

00:01:20,400 --> 00:01:23,020

*experience lower limb pain*

20

00:01:23,120 --> 00:01:27,900

*when walking a distance for a given physical effort due to circulatory*

21

00:01:28,000 --> 00:01:33,020

*disorder, which will cause him to stop after a while.*

22

00:01:33,120 --> 00:01:37,100

*That is why it is called showcase disease, where it is not the products*

23

00:01:37,200 --> 00:01:41,500

*tempting the patient to stop every hundred metres, but the pain*

24

00:01:41,600 --> 00:01:45,980

*in the lower limbs. The pain that causes someone*

25

00:01:46,080 --> 00:01:50,620

*to stop will then disappear with ceasing activity and rest.*

26

00:01:50,720 --> 00:01:55,820

*This is the typical symptom of intermittent claudication. It is important*

27

00:01:55,920 --> 00:02:00,620

*to see that the clinical symptoms are not confined to the pain in the*

28

00:02:00,720 --> 00:02:04,380

*lower limb during physical excercise. It can be*

29

00:02:04,480 --> 00:02:08,620

*conceptualized much more as a complex disorder affecting the tissue*

30

00:02:08,720 --> 00:02:13,260

*structure and function of the skeletal muscle. Accordingly, the affected*

31

00:02:13,360 --> 00:02:17,420

*patients will not only suffer from pain for the rest of*

32

00:02:17,520 --> 00:02:22,700

*their lives, but their walking capacity and speed*

33

00:02:22,800 --> 00:02:27,980

*and also the safety of their gait will also be impaired*

34

00:02:28,080 --> 00:02:33,500

*in these cases. This can ultimately*

35

00:02:33,600 --> 00:02:38,220

*limit the patients' quality of life significantly, they may*

36

00:02:38,320 --> 00:02:41,820

*experience a complex deterioration, which not only hinders*

37

00:02:41,920 --> 00:02:45,740

*their social or economic activities, but can actually manifest itself*

38

00:02:45,840 --> 00:02:51,900

*in the form of mood disorders. The next set of*

39

00:02:52,000 --> 00:02:56,220

*symptoms that are a warning sign of possible lower*

40

00:02:56,320 --> 00:03:00,540

*limb arterial stenosis is when the circulatory disorder*

41

00:03:00,640 --> 00:03:05,420

*has reached a critical stage where the circulation in the*

42

00:03:05,520 --> 00:03:09,180

*lower limb is no longer sufficient even at rest,*

43

00:03:09,280 --> 00:03:15,420

*resulting in the decomposition of tissue structures.*

44

00:03:15,520 --> 00:03:18,220

*This is experienced by patients as sores,*

45

00:03:18,320 --> 00:03:22,540

*ulcers or, in advanced stages, gangrene associated*

46

00:03:22,640 --> 00:03:26,940

*with tissue necrosis of the feet.*

47

00:03:27,040 --> 00:03:29,020

*These are non-healing sores with*

48

00:03:29,120 --> 00:03:32,380

*no apparent reason why they have developed.*

49

00:03:32,480 --> 00:03:38,060

*A telltale sign that patients may have lower limb stenosis.*

50

00:03:38,160 --> 00:03:41,500

*So these are the symptoms that patients with lower*

51

00:03:41,600 --> 00:03:45,340

*limb arterial stenosis experience, and report to their doctors,*

52

00:03:45,440 --> 00:03:49,760

*and these are essential to recognise.*