1

00:00:00,880 --> 00:00:04,680

*How can I recognise whether I have peripheral arterial disease?*

2

00:00:05,040 --> 00:00:10,380

*Lower limb arterial stenosis is a serious burden in an individual's life.*

3

00:00:10,480 --> 00:00:15,500

*The first step in this realisation is to raise suspicions, namely what*

4

00:00:15,600 --> 00:00:18,300

*are the chances that I may have peripheral*

5

00:00:18,400 --> 00:00:21,500

*arterial disease in my lifetime.*

6

00:00:21,600 --> 00:00:26,860

*When assessing the suspicion, the patient's family history should*

7

00:00:26,960 --> 00:00:30,460

*be taken into account, as it is known that lower limb arterial stenosis*

8

00:00:30,560 --> 00:00:35,180

*is more common in certain families. There are genetic and*

9

00:00:35,280 --> 00:00:40,620

*social reasons behind this. In addition, there are risk*

10

00:00:40,720 --> 00:00:44,540

*factors in a person's life, such as diabetes, smoking,*

11

00:00:44,640 --> 00:00:49,740

*advanced age, high blood lipid levels, high blood pressure,*

12

00:00:49,840 --> 00:00:53,820

*the presence of one or more of which increase*

13

00:00:53,920 --> 00:00:57,500

*the suspicion or likelihood of vascular*

14

00:00:57,600 --> 00:01:00,220

*stenosis to such an extent the patient should*

15

00:01:00,320 --> 00:01:04,380

*be encouraged to seek medical attention and*

16

00:01:04,480 --> 00:01:09,420

*screening for it*.

17

00:01:09,520 --> 00:01:13,980

*What kinds of self-reported testing or observation*

18

00:01:14,080 --> 00:01:18,220

*can help the detection of vasoconstriction?*

19

00:01:18,320 --> 00:01:21,580

*There are questionnaires specifically*

20

00:01:21,680 --> 00:01:25,660

*designed to help us determine the symptoms of*

21

00:01:25,760 --> 00:01:29,740

*intermittent claudication, based on our answers and*

22

00:01:29,840 --> 00:01:34,860

*their assessment. This way we can determine for*

23

00:01:34,960 --> 00:01:38,540

*ourselves if there is a chance that we*

24

00:01:38,640 --> 00:01:43,660

*have lower limb atheroscerosis.*

25

00:01:43,760 --> 00:01:47,740

*In addition, self-examination of peripheral blood*

26

00:01:47,840 --> 00:01:51,580

*by palpation, may also play a role, if one has some practice*

27

00:01:51,680 --> 00:01:54,620

*in being able to feel the pulse of the*

28

00:01:54,720 --> 00:01:59,660

*blood vessels on the wrist. This is also possible on the back of*

29

00:01:59,760 --> 00:02:03,340

*foot or under the ankle. If soemone*

30

00:02:03,440 --> 00:02:07,500

*does not feel a pulsation there, it is worth contacting GPs*

31

00:02:07,600 --> 00:02:11,260

*or doctors to have advanced testing that can eventually detect*

32

00:02:11,360 --> 00:02:16,780

*the presence or absence of arterial stenosis.*

33

00:02:16,880 --> 00:02:20,940

*I would like to draw attention to the importance of pain,*

34

00:02:21,040 --> 00:02:24,860

*which can help us recognise lower limb arterial stenosis*

35

00:02:24,960 --> 00:02:29,980

*in ourselves. Here it is important*

36

00:02:30,080 --> 00:02:33,260

*to emphasise the knowledge that relates to the characteristics of*

37

00:02:33,360 --> 00:02:36,620

*the pain caused by lower limb arterial stenosis.*

38

00:02:36,720 --> 00:02:38,630

*The onset of this*

39

00:02:38,730 --> 00:02:42,140

*pain is specifically triggered by physical exercise.*

40

00:02:42,240 --> 00:02:47,020

*Typically, the same degree of physical exercise repeatedly*

41

00:02:47,120 --> 00:02:51,740

*causes patients to stop walking, and after a period*

42

00:02:51,840 --> 00:02:55,900

*of rest, the pain is gone and the patient is able to*

43

00:02:56,000 --> 00:02:59,900

*walk again. If a person has such*

44

00:03:00,000 --> 00:03:04,300

*symptoms, it raises the possibility of arterial stenosis and it is recommended*

45

00:03:04,400 --> 00:03:09,420

*to seek for professional examination within the healthcare system.*

46

00:03:09,520 --> 00:03:14,140

*It also raises the possibility of arterial stenosis if the patient*

47

00:03:14,240 --> 00:03:18,860

*has a wound on their leg that may have no particular cause.*

48

00:03:18,960 --> 00:03:22,540

*These wounds, ulcers, or the appearance of gangrene in severe*

49

00:03:22,640 --> 00:03:27,020

*cases, are strong warning signs that we may be dealing with a serious,*

50

00:03:27,120 --> 00:03:30,780

*already critical level of arterial stenosis.*

51

00:03:30,880 --> 00:03:34,220

*Awareness of these informations can help the patients*

52

00:03:34,320 --> 00:03:38,320

*recognise the disease in themselves.*