1

00:00:01,040 --> 00:00:06,700

*How can we reduce the risk of cardiovascular disease in vascular stenosis?*

2

00:00:06,800 --> 00:00:13,660

*The issue here is to eliminate and manage risk factors.*

3

00:00:13,760 --> 00:00:19,420

*You should know that one important aspect of preventing*

4

00:00:19,520 --> 00:00:24,220

*and treating cardiovascular disease is to try*

5

00:00:24,320 --> 00:00:28,780

*to eliminate all risk factors that lead to*

6

00:00:28,880 --> 00:00:32,700

*vasoconstriction. For example, one of the most*

7

00:00:32,800 --> 00:00:37,180

*important goal is to quit smoking. We know that*

8

00:00:37,280 --> 00:00:41,100

*smoking is one of the key risk factors leading to the*

9

00:00:41,200 --> 00:00:43,260

*relapse of vasoconstriction.*

10

00:00:43,360 --> 00:00:46,380

*If we compare it with, say, myocardial infarction or stroke,*

11

00:00:46,480 --> 00:00:49,820

*it is even more important for peripheral vascular disease,*

12

00:00:49,920 --> 00:00:54,540

*because it involves a larger vascular area.*

13

00:00:54,640 --> 00:00:59,900

*The other aspect is regular exercise. Unfortunately, a sedentary lifestyle*

14

00:01:00,000 --> 00:01:06,300

*does not help our blood vessels to work properly,*

15

00:01:06,400 --> 00:01:11,340

*our hearts to be properly trained, therefore regular,*

16

00:01:11,440 --> 00:01:15,660

*continuous exercise is essential.*

17

00:01:15,760 --> 00:01:19,900

*The third aspect, which is very important, is how we eat.*

18

00:01:20,000 --> 00:01:24,460

*One may hear a million things about this. In principle,*

19

00:01:24,560 --> 00:01:30,300

*it is the Mediterranean diet, which is an important recommended type of*

20

00:01:30,400 --> 00:01:34,780

*diet, so in other words, eat as many vegetables as possible, avoid*

21

00:01:34,880 --> 00:01:39,180

*greasy, cholesterol-rich diets, everyone has heard a lot about this.*

22

00:01:39,280 --> 00:01:42,620

*The key is to try to follow it properly and making sure not to*

23

00:01:42,720 --> 00:01:46,540

*weight, because obesity is also an important*

24

00:01:46,640 --> 00:01:50,460

*risk factor. Let us now see*

25

00:01:50,560 --> 00:01:56,060

*the other part in terms of avoiding vascular*

26

00:01:56,160 --> 00:02:00,540

*disease. And that is the other diseases that may occur*

27

00:02:00,640 --> 00:02:04,540

*that are actually related to peripheral vascular disease,*

28

00:02:04,640 --> 00:02:09,260

*they also have to be treated properly.*

29

00:02:09,360 --> 00:02:13,340

*Perhaps one of the most important in this respect is diabetes,*

30

00:02:13,440 --> 00:02:16,140

*particularly type 2 diabetes, which affects a large population,*

31

00:02:16,240 --> 00:02:21,900

*and this is usually associated with obesity.*

32

00:02:22,000 --> 00:02:27,580

*Therefore a healthy diet and regular exercise helps prevent*

33

00:02:27,680 --> 00:02:32,700

*diabetes. This issue is very important because we know that*

34

00:02:32,800 --> 00:02:37,420

*the majority of amputations occur in diabetic vascular patients,*

35

00:02:37,520 --> 00:02:42,780

*proper management of diabetes, including medication,*

36

00:02:42,880 --> 00:02:46,460

*and setting the right glucose levels is essential.*

37

00:02:46,560 --> 00:02:50,860

*But controling high blood pressure is equally important.*

38

00:02:50,960 --> 00:02:55,980

*We know that we have rules,*

39

00:02:56,080 --> 00:02:59,660

*live below 140/90, but we have*

40

00:02:59,760 --> 00:03:05,500

*actually lowered the bar a bit: 130/80 is what we want*

41

00:03:05,600 --> 00:03:10,460

*to achieve, to keep patients at that level.*

42

00:03:10,560 --> 00:03:13,900

*Everyone can now have a blood pressure monitor*

43

00:03:14,000 --> 00:03:18,780

*home, so let's take this seriously and measure, check and*

44

00:03:18,880 --> 00:03:22,220

*necessary, support your treatment with medication*

45

00:03:22,320 --> 00:03:25,900

*to keep your blood pressure in check.*

46

00:03:26,000 --> 00:03:29,740

*Thirdly and last but not least, we also have to think about*

47

00:03:29,840 --> 00:03:33,660

*heart disease, so if someone has a vascular disease*

48

00:03:33,760 --> 00:03:37,500

*in most cases, it is also important to treat it properly, because if*

49

00:03:37,600 --> 00:03:42,220

*the pump function is bad, blood flow to the heart is insufficient.*

50

00:03:42,320 --> 00:03:46,860

*So these are the lifestyle and other disease treatment issues*

51

00:03:46,960 --> 00:03:50,800

*that need to be addressed for every person.*