1

00:00:00,880 --> 00:00:06,120

*Can a gradual or sudden relapse of arterial stenosis be prevented?*

2

00:00:06,960 --> 00:00:08,940

*Unfortunately, obstructive atherosclerosis*

3

00:00:09,040 --> 00:00:13,100

*is a condition that cannot be cured permanently and slowly*

4

00:00:13,200 --> 00:00:19,820

*and gradually worsens with age.*

5

00:00:19,920 --> 00:00:25,020

*There are occasional episodes of sudden relapse*

6

00:00:25,120 --> 00:00:28,700

*that may require immediate emergency care.*

7

00:00:28,800 --> 00:00:33,580

*In the case of the lower limbs, these can mean a sudden onset of severe pain, which*

8

00:00:33,680 --> 00:00:36,700

*may lead to the loss of the limb within a few hours*

9

00:00:36,800 --> 00:00:40,300

*to a day or two. Nobody wants that,*

10

00:00:40,400 --> 00:00:45,160

*so patients and doctors are fighting against it.*

11

00:00:45,440 --> 00:00:52,860

*Permanent lifestyle changes, such as a healthy diet,regular*

12

00:00:52,960 --> 00:00:58,060

*physical activity, and a complete smoking ban are the most important*

13

00:00:58,160 --> 00:01:03,580

*factors to prevent a relapse. Unfortunately, we*

14

00:01:03,680 --> 00:01:07,740

*cannot change our hereditary genetic predispositions, but*

15

00:01:07,840 --> 00:01:14,620

*these so-called acquired risk factors can be optimised.*

16

00:01:14,720 --> 00:01:17,180

*Well, we cannot change our age, we are slowly but*

17

00:01:17,280 --> 00:01:21,580

*surely getting older. But we can quit smoking*.

18

00:01:21,680 --> 00:01:26,220

*We do not recommend smoking in any form.*

19

00:01:26,320 --> 00:01:32,380

*Neither in the form of smoking a pipe or a cigar, and these new*

20

00:01:32,480 --> 00:01:37,820

*e-cigarette devices are also not ideal. So we, doctors treating*

21

00:01:37,920 --> 00:01:42,700

*patients, can say quite radically that you should not smoke,*

22

00:01:42,800 --> 00:01:48,380

*we can't stress this enough. The second is lifestyle,*

23

00:01:48,480 --> 00:01:52,780

*so activity, regular exercise, which certainly has a*

24

00:01:52,880 --> 00:01:56,700

*good effect, because although it does not protect against*

25

00:01:56,800 --> 00:02:01,820

*atherosclerosis per se, it does maintain the vascular system*

26

00:02:01,920 --> 00:02:06,060

*and strengthen the small vessels next to the large blood vessels which*

27

00:02:06,160 --> 00:02:10,700

*may already be blocked. These are very important*

28

00:02:10,800 --> 00:02:13,420

*because, thank God, if a big vessel gets blocked,*

29

00:02:13,520 --> 00:02:16,060

*these small blood vessels can save the leg, and that*

30

00:02:16,160 --> 00:02:20,380

*is a great help for the patient and for the doctor* alike.

31

00:02:20,480 --> 00:02:24,920

*What kind of exercise do I mean here?* *There is no need to think*

32

00:02:25,440 --> 00:02:30,300

*about extreme sports achievements here. Regular exercise,*

33

00:02:30,400 --> 00:02:37,100

*such as walking, cycling or running, is enough to improve*

34

00:02:37,200 --> 00:02:42,540

*the circulation in your body in the long term.*

35

00:02:42,640 --> 00:02:49,100

*But this should be done regularly. Ideally, it should be at least an hour's*

36

00:02:49,200 --> 00:02:55,180

*walk three times a week, for example, which is an excellent activity.*

37

00:02:55,280 --> 00:03:00,540

*So again, the goal is not to build the muscle in the gym,*

38

00:03:00,640 --> 00:03:05,100

*but to get regular, continuous exercise.*

39

00:03:05,200 --> 00:03:11,500

*Of course, this exercise not only improves the condition of the*

40

00:03:11,600 --> 00:03:14,940

*of the blood vessels, it is good for the*

41

00:03:15,040 --> 00:03:18,220

*whole body, including the heart, and another important thin*

42

00:03:18,320 --> 00:03:21,580

*is that it will hopefully decrease the chance for obesity that*

43

00:03:21,680 --> 00:03:25,660

*is so common in Hungary. Because it*

44

00:03:25,760 --> 00:03:31,340

*is quite certain that less obese population has a lower incidence*

45

00:03:31,440 --> 00:03:35,580

*of atherosclerosis. Of course, we all know patients, even in our circle*

46

00:03:35,680 --> 00:03:38,300

*of acquaintances, who are not overweight,*

47

00:03:38,400 --> 00:03:43,720

*but it is certainly an additional risk factor.*

48

00:03:44,240 --> 00:03:49,900

*It is difficult to prevent a sudden relapse of the condition, particular*

49

00:03:50,000 --> 00:03:55,020

*attention should be paid to situations where the patient has a condition*

50

00:03:55,120 --> 00:03:59,740

*that leads to dehydration of the body. So I mean,*

51

00:03:59,840 --> 00:04:03,740

*for example, if someone has a fever, diarrhoea, vomiting, some*

52

00:04:03,840 --> 00:04:07,260

*kind of infectious disease, you have to be very careful to*

53

00:04:07,360 --> 00:04:11,980

*make sure that you have enough fluids in your body.*

54

00:04:12,080 --> 00:04:15,980

*In mild cases, this can be achieved by drinking plenty*

55

00:04:16,080 --> 00:04:21,340

*of fluids, and in more severe cases by giving an infusion.*

56

00:04:21,440 --> 00:04:25,660

*This is important for the vascular system, for the prevention of*

57

00:04:25,760 --> 00:04:31,020

*atherosclerosis, because thrombotic clots are*

58

00:04:31,120 --> 00:04:36,300

*more likely to develop in thickened blood, and we should prevent this,*

59

00:04:36,400 --> 00:04:40,060

*because once it has developed, unfortunately there is no other option*

60

00:04:40,160 --> 00:04:46,300

*than surgical treatment, either by open surgery or by catheter directed*

61

00:04:46,400 --> 00:04:52,300

*techniques. Furthermore, taking medicines is essential,*

62

00:04:52,400 --> 00:04:55,820

*the medicines that prevent further relapse of*

63

00:04:55,920 --> 00:04:59,180

*arterial stenosis and atherosclerosis in the long term;*

64

00:04:59,280 --> 00:05:04,300

*taking them regularly, especially*

65

00:05:04,400 --> 00:05:09,500

*blood thinners, is also beneficial against*

66

00:05:09,600 --> 00:05:13,820

*a sudden relapse.*

67

00:05:13,920 --> 00:05:19,260

*This may be the most commonly used aspirin-like molecule*

68

00:05:19,360 --> 00:05:24,700

*or the more potent blood thinners that the patient might*

69

00:05:24,800 --> 00:05:29,570

*otherwise be taking for another reason, such as arrythmia.*

70

00:05:29,670 --> 00:05:31,580

*Quitting them may lead to thrombosis,*

71

00:05:31,680 --> 00:05:36,080

*so it is very important to take these medicines as prescribed.*