



ATHEROSCLEROSIS: A HARDENING OF THE ARTERIES.

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Annotation: *Atherosclerosis is a hardening of the arteries that can lead to serious health problems, such as heart disease, stroke, and peripheral artery disease. It is caused by the buildup of plaque, a sticky substance made of fat, cholesterol, calcium, and other materials, in the walls of the arteries.*

Keywords: *Atherosclerosis, blood, arteries, kidney, erectile dysfunction.*

Symptoms. Atherosclerosis usually does not cause symptoms until an artery is so narrowed or clogged that it can't supply enough blood to organs and tissues. Symptoms of atherosclerosis can vary depending on the location of the blockage. Some common symptoms include: chest pain (angina), shortness of breath, pain in the legs or arms, weakness or numbness in the legs or arms, dizziness or lightheadedness.

Complications: atherosclerosis can lead to serious complications, including: heart attack, stroke, peripheral artery disease, kidney failure, erectile dysfunction

Causes. The exact cause of atherosclerosis is not known, but there are several risk factors that can increase your risk of developing the condition. These risk factors include: high blood pressure, high cholesterol, smoking, diabetes, obesity, family history of atherosclerosis.

Prevention. There is no cure for atherosclerosis, but there are several things you can do to reduce your risk of developing the condition or slow its progression. These include: eating a healthy diet, maintaining a healthy weight, exercising regularly, quitting smoking, controlling your blood pressure, managing your cholesterol levels

Treatment. Treatment for atherosclerosis depends on the severity of the condition and the location of the blockage. Treatment options include: lifestyle changes, medication, surgery

Lifestyle changes. Lifestyle changes are the first line of treatment for atherosclerosis. These changes can help to lower your blood pressure, cholesterol, and blood sugar levels, and reduce your risk of developing complications.

Medication. Several medications can be used to treat atherosclerosis. These medications can help to lower blood pressure, cholesterol, and blood sugar levels, and prevent blood clots from forming.

Surgery. Surgery may be necessary if an artery is severely narrowed or clogged. Surgery can involve opening the blocked artery and placing a stent, a small tube that helps to keep the artery open.

Living with atherosclerosis. Atherosclerosis is a lifelong condition, but there are things you can do to manage the condition and reduce your risk of complications. These include:



- Following your treatment plan
- Making healthy lifestyle choices
- Seeing your doctor for regular checkups

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