



Controlling the Risk of Peripheral Artery Disease by Maintaining Healthy Life Style

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DESCRIPTION

Peripheral artery disease can affect the arteries in the legs the most, but it can also affect the arteries in the arms. When cholesterol in the blood combines to a damaged region on the arterial walls, people develop PAD. Atherosclerosis is a disorder that occurs when cholesterol builds up and hardens into plaque over time. When a plaque becomes too large, it stops blood flow through the artery, limiting oxygen and nutrients to the tissues supplied by the blocked artery.

Symptoms are unlikely to be found until the artery has constricted by 60% or more. The symptoms may appear as follows

- Numbness and burning in the legs and feet, Leg pain or muscle cramps that develop during walking
- Un healing ulcers or sores on the feet
- Skin discoloration or a cool sensation
- Leg hair deficiency is a common problem.
- Even while you're resting or your legs are elevated, and may have foot discomfort as the condition worsens.

RISK FACTORS TO BE PREVENTED TO CONTROL PERIPHERAL ARTERY DISEASE

Smoking cigarettes

Smoking is the most prevalent avoidable cause of PAD and the leading risk factor. In fact, smokers are said to be four times more likely than nonsmokers to develop PAD. Because chemicals in cigarette smoke harm cells that lining blood arteries and create inflammation, smoking leads to the development of atherosclerotic plaque.

Diabetes

Because high blood sugar causes inflammation and leads to blood vessel irregularities that cause atherosclerosis, having diabetes raises the risk of peripheral artery disease dramatically. Furthermore, diabetic patients often have high amounts of fat and cholesterol in their blood, which is another risk factor for PAD. Diabetes promotes the progression of PAD and raises your risk of heart attack, stroke, and paralysis.

Blood pressure disorders

The force of blood flowing through the blood vessel damages artery walls when the blood pressure is high. This causes the rough patches that allow cholesterol to accumulate readily.

High cholesterol levels

Total cholesterol, High-Density Lipoproteins (HDLs), and Low-Density Lipoproteins (LDLs) all have different effects on the bloodstream (LDLs). After eating cholesterol, the small intestine transforms it into a protein-wrapped capsule that can pass into the bloodstream. The quantity of cholesterol and protein in these vesicles, known as lipoproteins, determines whether they are HDL or LDL. Because these lipoproteins eliminate cholesterol from your blood, HDL is known as "good cholesterol."

Obesity and being overweight

Excess weight causes high blood pressure and diabetes, both of which contribute to PAD. Being overweight also causes systemic inflammation, including vascular inflammation, which leads to atherosclerotic plaque formation. More than the overall BMI, more weight around the waist may raise the risk of PAD.

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Received: 07-Apr-2022, Manuscript No. JVMS-22-16624; **Editor assigned:** 11-Apr-2022, Pre QC No. JVMS-22-16624 (PQ); **Reviewed:** 25-Apr-2022, QC No. JVMS-22-16624; **Revised:** 01-May-2022, Manuscript No. JVMS-22-16624 (R); **Published:** 09-May-2022, DOI: 10.35248/2329-6925.22.10.454.

Citation: Tanaka T (2022) Controlling the Risk of Peripheral Artery Disease by Maintaining Healthy Life Style. J Vasc Surg. 10:454.

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Sedentary lifestyle

Active and exercising regularly helps to avoid PAD by decreasing other risk factors. Exercise aids in the maintenance of a healthy weight, the reduction of blood pressure and cholesterol, and the prevention of diabetes.

Maintaining a healthy weight and cholesterol level is more crucial than ever. Eating a heart-healthy diet rich in fruits,

vegetables, whole grains, legumes, lean meats, and plant oils like olive oil will assist. Salt, sugar, alcohol, and saturated fats found in animal products may all need to be reduced. This implies fewer meat, pig, skinned poultry, and dairy from whole or 2% milk. Taking of coconut and palm oils, as well as artificial Trans fats should be avoided. Look for substances that are labelled "partially hydrogenated" to avoid trans fats.