



Risk Factors of Carotid Artery Disease and its Complications

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DESCRIPTION

Carotid artery disease develops once fatty deposits (plaques) clutter the blood vessels that carry oxygen to brain and head (carotid arteries). The blood clot increases the risk of suffering a stroke, which is a medical emergency that occurs when the blood supply to the brain is interrupted or significantly reduced. Carotid artery disease develops gradually. A stroke or temporary ischemic attack may be the initial symptom of illness or Transient Ischemic Attack (TIA). A TIA is a temporary reduction in blood flow to the brain. Carotid artery disease is usually treated with a combination of healthy lifestyle modification, medicines, and in some case scenarios, and surgery.

Symptoms of carotid artery disease

Loss of sensation or weakness in the eyes or limbs that occurs suddenly, generally only one side of the body. Unexpected difficulty being shown in both eye sockets. Dizziness or loss of balance that occurs suddenly. A severe headache that appears from nowhere.

Causes of carotid artery disease

Carotid artery disease is caused by plaque up in the arteries that carry blood flow to the brain. Plaques are clumps of cholesterol, calcium, fibrous tissue, and other cell debris that form in the artery at microscopic injury places this is known as atherosclerosis. Clogged carotid arteries make it very difficult to deliver oxygen and nutrients to essential brain structures responsible for the functional ability.

Risk factors of carotid artery disease

The following factors increase the risk of carotid artery disease.

High blood pressure: Excessive pressure on arterial walls can cause each other to reduce and increase their susceptible to damage.

Tobacco use: Nicotine has the possibility to injure the inner lining of blood vessels. Tobacco smoking also increases the heart rate and blood pressure.

Diabetes: Diabetes affects the ability to analyze fats efficiently, increasing the risk of high blood pressure and atherosclerosis.

High blood-fat levels: High levels of reduced lipids cholesterol and triglycerides is a type of blood fat, and help in promoting plaque formation.

Age: arteries are becoming less flexible and more susceptible to injury with age.

Obesity: Obesity increases the risk of developing high blood pressure, coronary artery disease, and diabetes.

Sleep apnea: Stopping respiratory spells at night may increase the risk of stroke.

Lack of exercise: It makes a significant contribution to artery-damaging conditions such as high blood pressure, diabetes, and obesity.

Complications of Carotid artery disease

Carotid artery spreading infection for 10 to 20% of all strokes. A stroke is a medical emergency that can cause permanent brain injury as well as muscle weakness. A stroke can be fatal in severe cases.

Peripheral arterial disease can cause stroke through:

Reduced blood flow: Atherosclerosis can cause a carotid artery to become sufficiently limited that is enough blood can obtain parts of the brain.

Ruptured plaques: A plaque segment may divide and travel to smaller arteries in the brain. The plaque fraction may become deposited in one of these smaller arteries, resulting in a blockage that prevents blood supply to a portion of brain.

Blood clot blockage: Some plaques are susceptible to fracture and forming irregular artery wall surface areas. Similarly to a response to an injury, the nerves send blood cells to the area to help in the clotting process. As a result, a large clot forms and blocks or reduces blood flow to the brain, resulting in a massive heart attack.

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Received: 03-Oct-2022, Manuscript No. JVMS-22-18903; **Editor assigned:** 06-Oct-2022, Pre QC No. JVMS-22-18903 (PQ); **Reviewed:** 21-Oct-2022, QC No. JVMS-22-18903; **Revised:** 28-Oct-2022, Manuscript No. JVMS-22-18903 (R); **Published:** 07-Nov-2022, DOI: 10.35248/2329-6925.22.S11.485.

Citation: McKenzie C (2022) Risk Factors of Carotid Artery Disease and its Complications. J Vasc Surg. S11:485.

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