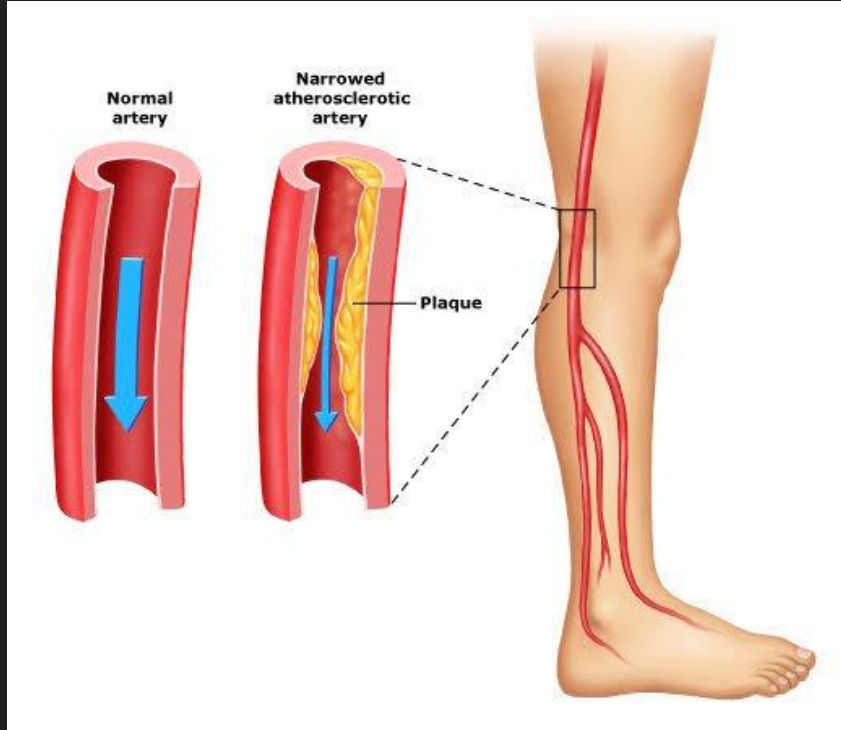


# Disease: Peripheral artery

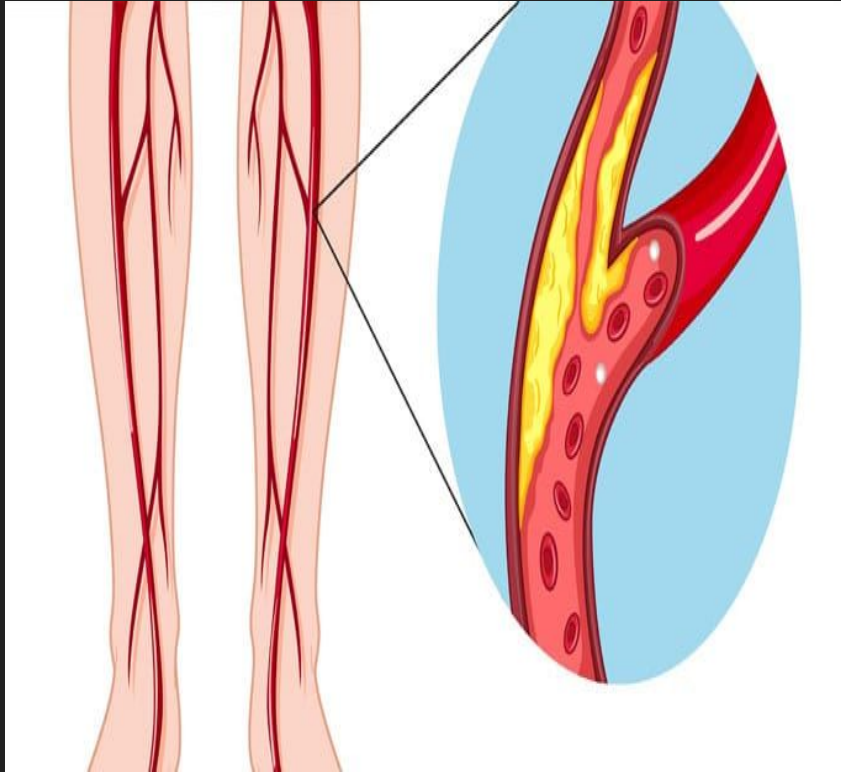
HeeChanMoon

# What is peripheral artery disease?



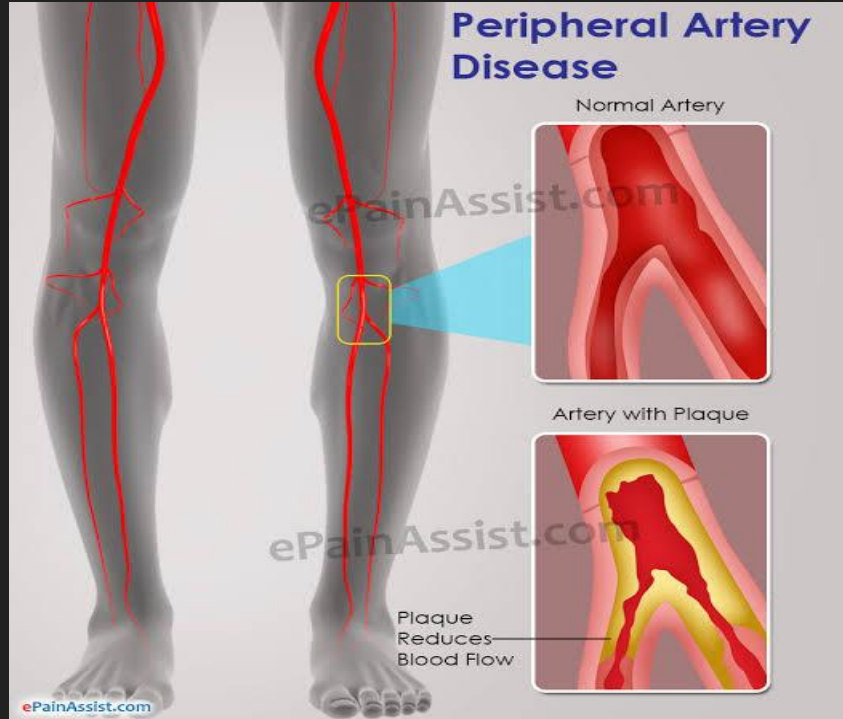
Peripheral artery disease (PAD) refers to diseases of the blood vessels located outside the heart and brain. They are most often caused by a buildup of fatty deposits in the arteries. PAD is also known as peripheral arterial disease or peripheral vascular disease (which includes both arteries and veins).

# What are the symptoms?



- Hair loss on the feet and legs
- Leg weakness
- Numbness in the legs
- Brittle toenails
- The skin on the legs becomes shiny or turns pale or bluish.
- Difficulty in finding a pulse in the leg or foot.

# What causes peripheral artery disease?



The most common cause of PAD is atherosclerosis. Atherosclerosis is a gradual process in which a fatty material builds up inside the arteries.

Less common causes of peripheral artery disease are blood clots in the arteries, injury to the limbs, and unusual anatomy of the muscles and ligaments.

# How do you treat it?



- Regular physical activity
- Diet changes and adjustments
- Some medications