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Grade & section : 9-Psalms

E-book About Atherosclerosis

What is Arteriosclerosis ?

Arteriosclerosis occurs when blood vessels that carry oxygen and nutrients from your heart to the rest of your body (arteries) become thick and stiff restricting blood flow to your organs and tissues.

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What are The symptoms of Arteriosclerosis?

Atherosclerosis develops gradually. When it is in a mild stage it doesn't have any symptoms

Symptoms only appear once an artery is so narrowed or clogged disabling the supply of adequate blood to your organs and tissues. Blood clot completely blocks blood flow. It can even break apart triggering a heart attack or stroke.

To be specific, The followings are its symptoms :

- Chest Pain or pressure (angina)
- Sudden numbness or weakness in arms or legs
- Difficulty speaking/slurred speech
- Temporary loss of vision
- Drooping muscles in your face
- Develops high blood pressure or kidney failure.

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What are the causes of arteriosclerosis ?

Although the exact cause is unknown, This disease may start with damage or injury to the inner layer of an artery caused by the following :

- High blood pressure
- High cholesterol
- High triglycerides, a type of fat in your blood
- Smoking and other sources of tobacco

- Insulin resistance
- Obesity
- diabetes
- Inflammation from diseases such as arthritis, lupus or infections

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How to prevent getting this disease ?

Healthy lifestyle changes
Recommended can help prevent this
Which includes

- Quitting smoking
- Eating healthy foods
- Exercising regularly
- Maintaining a healthy weight

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When to see a doctor ?

Early diagnosis and treatment can stop arteriosclerosis from worsening and prevent heart attack, stroke or other medical emergency.