


Atherosclerosis microscopic features

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Atherosclerosis microscopic features

Features of atherosclerosis. What are atherosclerosis. Atherosclerosis characteristics.

Atherosclerosis is a potentially serious condition that occurs when the plaque clots the coating of the arteries of the body. Fatty substances called atheroma, together with cholesterol and soccer, harden and create plaque. Over time, the plaque accumulates and continues to restrict the arteries. Because of this, the blood movement rich in oxygen through blood vessels slows immensely, and the individual can develop coronary artery disease or having a stroke. Pay to learn about the symptoms of atherosclerosis. Atherosclerosis is incredibly difficult to diagnose soon as developed gradually over time. When narrowing of arteries is mild, we tend to not be symptoms. In general, the symptoms do not manifest itself until the artery is not so tight that prohibits the blood supply to reach the organs and tissues. Many people who have atherosclerosis discover following a heart attack or stroke. Eric'sphotography / Getty Images Atherosclerosis can affect any artery in the body, and so the symptoms are very different in every person. These arteries include coronary arteries, carotid arteries, peripheral arteries and kidney arteries (those leading to heart, brain, arms and legs, and kidneys, respectively). Furthermore, atherosclerosis in different arteries can cause different diseases. 7activestudio / getty images The pain in the chest can also be a sign of anything, from muscle tension to a heart attack. If you are experiencing a thoracic pain you cannot explain, it could be a symptom of atherosclerosis in coronary arteries. The complications that arise with a shrinkage of these arteries include coronary artery disease and heart attack. It is important to see a doctor if you are experiencing chest pain of any kind. Rawpixel / getty images The shrinkage of carotid arteries can lead to sudden confusion and disorientation. This altered conscience level can be distressing one realizes. Memory problems can sometimes occur alongside the confusion that, in their extreme state, are known as delirium. The individual can also appear more slow than usual. These symptoms could be a sign of something from anxiety to a brain cancer or to atherosclerosis. MetamorWorks / Getty Images The muscular weakness can affect the face, body, or both at the same time. If muscle weakness appears in the face, it can cause the pypmber or ptosis to be dispersed, or smiling difficulty. On the other hand, when muscle weakness is the whole body, it can be difficult to distinguish from fatigue, which can derive from mental disorders such as anxiety and depression, or physical disorders like an imbalance in the body. The general muscular weakness is also an early sign of atherosclerosis in peripheral arteries. Horillaz / Getty When plaque jams and narrows the kidney arteries, it will affect the kidney function. kidney problems can cause hypertension, especially when hypertension begins suddenly. Similarly, if blood pressure worsens for no apparent reason orBefore 30 years or after 50 years it may indicate a kidney problem. As a result, atherosclerosis in kidney arteries can cause such gravity as renal artery stenosis or kidney failure. Zinkevych / Getty Images Problems to speak or to form words generally denote a problem in the brain. Doctors are not always able to diagnose atherosclerosis before stroke. The difficulty of forming words, as well as a possible change of character, could be the direct result of atherosclerosis in carotid arteries. If someone is performing slurred speech or cannot think of simple words, it is important to see a doctor immediately. KatarzynaBialasiewicz / Getty Images Liquid retention inflates ankles or legs. This is the result of an overload of fluids or swelling in the tissues and could mean that the kidneys do not work properly. In very rare cases, the liquid can accumulate in the lungs, which is dangerous. Renal problems that cause your body to retain liquids can become renal stenosis, a potentially fatal condition if not caught early. Giulio Fornasar / Getty Images Sometimes, when an artery is obstructed for more than 70% by the plaque, the accumulation causes a short breath. This usually happens when the heart fails to pump enough blood to meet the needs of the body. Short breath when you did little or no exercise could mean a problem with the heart. Conditions such as coronary disease can be the result of atherosclerosis of the heart, and the lack of breath could be the only symptom. zlikovec / Getty Images One of the main diagnostic tactics used by doctors to diagnose atherosclerosis is an examination of the ability of the body to heal wounds. The slow healing of a wound generally indicates a limited blood circulation, which prevents the formation of clots. In extreme cases, limited blood flow can completely stop the healing process. Whoever has a wound that lasts more than expected should talk to a doctor. Bunphot / Getty Images The body relies on blood vessels to provide oxygen and nutrients to organs and tissues. When a person has atherosclerosis, the optimal functionality of this administration system is disturbed. This condition occurs when the blood vessels thicken and become rigi Because of this, the condition is sometimes called "hardening of the arteries" because the arteries actually harden, preventing oxygen supply to other parts of the body. The condition gradually develops, even from childhood. It develops as fats, LDL cholesterol and various other substances accumulate on the walls of the arteries. The accumulation causes the arteries of stiffening and narrowing, which limits the blood flow, increasing theof blood clots, heart disease, and cardiac emergencies. Fortunately, atherosclerosis is curable and can also be prevented. The condition develops when the inner layer of an artery is wounded or damaged, typically due to high levels of blood cholesterol, high blood pressure, high levels of triglycerides, triglycerides,obesity, diabetes, insulin resistance and smoking. The condition can occur in any artery. Once the artery becomes damaged, substances such as cholesterol and blood cells clump to the site, causing the buildup, which grows until it becomes harmful enough to be diagnosed. Several factors can increase the risk of developing it. Sometimes aging itself is a risk factor for this condition. Other risk factors include poor diet, obesity, high blood pressure, high levels of cholesterol and triglycerides, untreated diabetes, smoking and other forms of tobacco use, genetics, and a lack of fitness. In addition, people with these problems should talk to a doctor about reducing the likelihood of atherosclerosis. Mild cases usually do not produce obvious symptoms. When symptoms occur, they vary depending on where the buildup is formed and whether it triggers a blood clot or breaks. If the plaque breaks or explodes, it could trigger a stroke or heart attack. Sometimes, this is the first symptom that alerts a person of a problem. Depending on where the buildup is forming, you may experience symptoms such as chest pressure or pain, numbness in extremities such as arms or legs, slender speech, leg pain, or high blood pressure. The condition can trigger serious and sometimes fatal health complications, including an aneurysm, a swelling in the wall of an artery. If an aneurysm breaks out, life-threatening internal bleeding may follow. Other serious complications associated with this condition include the development of coronary artery disease (a narrowing of the arteries near the heart), carotid artery disease (associated with the arteries near the brain), peripheral artery disease (affecting the arteries in the arms and legs), and even chronic kidney disease (if the atherosclerosis is not present), erosion affects the arteries leading to the kidneys). Initially, a doctor may suspect atherosclerosis based on results during a routine physical, such as a weak pulse or hearing a narrative sound "chioshing" in an artery when heard through a stethoscope. After that, your doctor will order various diagnostic tests to confirm atherosclerosis, such as blood tests, an ankle-brachial index test, ultrasound doppler, electrocardiogram, a stress test, or a cardiac catheterization and angiogram. If a doctor determines their patient has atherosclerosis, he or she may prescribe the medication. Depending on the medication, it can slow down the continued development of the condition and possibly even reverse it. The type of medication will probably depend on the results of the blood test and where the buildup is. Antiplatelet drugs, cholesterol-lowering drugs, beta-blockers, calcium channel blockers and inhibitors of the enzyme of Angiotensin can all treat symptoms and reduce complications. Depending on the gravity and where it is in the body, doctors can advise surgery. serious symptoms or blocks can be relieved with a angioplasty and a stent positioning, stent, fibrinolytic therapy, or bypass surgery. The healthcare provider will probably refer the patient to a specialist for these procedures. Those who prefer not to take prescribed medications for mild atherosclerosis can talk to a doctor about alternative treatments that can help manage the condition. Alternative medications and dietary choices can reduce some of the risk factors that trigger plaque build-up such as: garlic, green tea, alpha-linolenic acid, cod liver oil, barley, folic acid, fish oil, cocoa, oat bran and vitamin C. Some style changes life can help people reduce their risk. For example, smokers should make a commitment to stop. Adopting a healthy diet that includes low-cholesterol foods is another possible way to reduce the risk of atherosclerosis. In addition, maintaining a healthy weight and exercising on a regular basis are also important factors to consider. Atherosclerosis occurs when fat, cholesterol, cell waste products, calcium and other materials build up on the inner lining of the arteries. The buildup is most likely to be in parts of the artery that have been injured. The injury usually occurs where the artery bends or branches. Once plaque builds up, it can cause cells in the lining of the artery to make chemicals that cause more plaque build-up. Two problems can arise from plaque: First, the blood vessel can become narrow, preventing blood flow to the area served by the artery. For example, if an artery to the heart becomes blocked by 80% to 90%, a person may develop chest pain. Second, the plaque may break and send a blood clot that flows through the artery. A blood clot that goes to other parts of the body is called an embolus. The embolus can be deposited in a smaller area of the artery or in another artery, completely cutting off the blood supply. This blockage can cause a heart attack, stroke, pulmonary embolism, or other serious medical problems. Symptoms of atherosclerosis depend on which arteries are most affected by plaque build-up. Atherosclerosis can affect the heart, kidneys, and virtually any other organ. Atherosclerosis of the arteries in the heart is called coronary artery disease. It may cause chest pain (angina), heart attack, or any of the other heart conditions. Atherosclerosis of the blood vessels leading to the brain can cause a stroke. Atherosclerosis of the blood vessels in the legs can cause pain in the legs during or after exercise. It's called intermittent claudica. Atherosclerosis of the blood vessels supplying the kidneys can cause kidney failure. There are several factors that increase a person's risk of developing atherosclerosis, such as: cigarette smoking and smoking Second hand, diabetes, high cholesterol, especially a high level of LDL ("the bad" or "lethal" cholesterol), high blood pressure, high levels of triglycerides in the blood, greater age, lack of exercise, male gender obesity. What can you do to prevent the disease? In some cases, atherosclerosis can not can Prevented. A person can be able to reduce his risk of developing atherosclerosis in the following ways: diabetes control eating a healthy diet of heart to follow the American Heart Association, or AHA, recommendations for controlling high cholesterol get 30 minutes of Physical activity Every day or almost all day-to-keep a body weight Sanocerca Effective treatment for high-rise pressure 2When we think of the state of our hearts, we have a tendency to reflect on love and romance. After all, there are millions of songs on the cardiac disappearance, and just like many movies and television programs to find someone who makes our heart flutter with happiness. We imagine red paper hearts cut for Valentine's Day, not the three-dimensional body that beats within us. Too often, we do not consider the health of our hearts until it is too late, and such a supervision is more tragic than a broken heart caused by a first romance. It is important to know the facts about how your heart works and what needs to work at its best, but there are only so many myths about heart health, as there are songs on outbreak. In this article, we will take a look at five such myths and set the right record. In the films, no one doubts that they are having a heart attack, they put the chest, they soften up the breath and begun to sweat. And you can know that the pain on the left side of the chest and the arm is a classic indicator. It is true that these features describe a heart attack, but sometimes. Many people suffer from heart attacks, but write symptoms like heartburn or fatigue. Women also seem to experience heart attacks differently, which can cause delay in obtaining treatment. A woman who has a heart attack can not feel pain in her chest, but she can instead have stomach, back, jaw or neck pain. She might also have breathing problems, suffering from nausea and feel overwhelmed. When it comes to your heart, it is important to consider the source of all the symptoms. Trans fats are often portrayed as the great bad wolf, out to get your heart. As a result, restaurants proclaim that those fats are not used in their kitchens, and grocery stores are completely supplied with fatty products. It is true that trans fats are not friends to your heart, but blindly buy objects with fat-free labels is not the way to keep your heart protected. For one thing, the products that claim to be without trans fats can still contain up to half a gram of trans fats and keep the label. If the size of the service is small, and you consume the entire package, then you can easily get into a good quantity of trans fats. And a low product in trans fats could still be full of saturated fats, I'm No. 2 on the enemy list of the heart. To make sure you are feeding your heart with good stuff, read the whole food label, considering the service size, total fat, cholesterol, sodium and sugar, just to name a few. Many symptoms of heart problems are often written as stress or anxiety. Let's say you're six.Work, and your heart starts running. It is possible that stress is the culprit, your boss could have just passed, but it is also possible that a fast heartbeat at rest is the sign of a deeper problem than your boss who saw what you were looking at yours computer. It is possible to suffer from an irregular heartbeat that requires drugs. Likewise, if you often feel like it is hyperventing, it's easy to chalk to anxiety, but it's worth considering if you have a heart problem. In today's busy world, we can think that stress and anxiety are just a part of life, things that need to be endured. But even if you are sure that the racing heartbeat is due to stress, you are still damaging your long-term heart. In the end, an increasingly fast heart will weaken the capacity of a heart to pump blood to the rest of the body. This means that stress reduction techniques such as yoga, meditation and relaxation baths are just as important for your heart as a healthy diet and regular exercise. On the last page, we said that age is a risk factor for cardiac problems; As you get older, you have a greater probability of things like heart disease or heart attack. But this does not mean that the health of the heart is a concern only for middle age people. You can start developing coronary heart disease as a teenager, and people in their 20 and 30 have suffered from heart attacks. A healthy lifestyle of heart needs to start in childhood, so that children do not develop bad habits that lead to adult age. To give children the best possible heart start, parents should encourage them to exercise, limit the time spent in front of the television or computer screen, and serve healthy and balanced dishes. And if you are a parent trying to blow a sedentary child, the best thing to do is set a good example and move. Exercise and healthy eating a family priority will go a long way to ensure long-term health health. We know that people who eat badly and do not exercise have an increased risk of heart problems, but the opposite does not keep true. Only because you are in a healthy weight does not mean that your heart is healthy. More specifically, the health of your heart is influenced by genetics; A family history of health problems such as heart disease, diabetes, high cholesterol or high blood pressure takes you to risk for the same condition, no matter your weight. There are other uncontrollable risk factors, such as eth and sex - problems generally increase as ages, and males are more at risk due to heart problems that pre-menopausal women. No matter how many miles a day you run, you need to watch a doctor regularly to monitor health Did you know that? Genetics can play an important role in heart health, but only because your parents have suffered heart attacks does not mean that you will do it; There are many risk factors within your control. You can keep a healthy weight, eat a healthy diet, quit smoking and even take take to manage your health. Cheers.

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