

Prevention of *Atherosclerosis* is a life-long process. Each individual will need to review and improve his/her own risk factor profile.

The risks associated with smoking are significant and patients should be strongly encouraged to stop. Dietary habits will also need to be reviewed and exercise should be encouraged in order to maintain an ideal body weight.

Lowering *Cholesterol, LDL, and Triglyceride* levels will help to reduce these risks. This becomes more important once the condition is known to be present.

Drug treatment can play an important role in arresting the progression of the disease and lipid-lowering agents may be used to reduce fat levels in the plaques.

If there have already been complications from *Atherosclerosis*, treatment will focus on preventing them.

Strict control of other, underlying conditions, such as *Diabetes and High Blood Pressure*, may also help.

Clots may form around the plaque deposits, further interfering with blood flow. When blood flow in the arteries to heart muscle becomes severely restricted, it leads to symptoms like chest pain.



Risk factors include smoking, diabetes, obesity, high blood cholesterol, a diet high in fats, and having a personal or family history of heart disease. Cerebrovascular disease, peripheral vascular disease, high blood pressure, and kidney disease involving dialysis are also disorders that may also be associated with atherosclerosis.



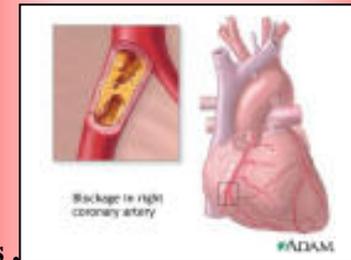
Atherosclerosis

Alternative names :

Arteriosclerosis , hardening of the arterises .

Definition :

A disease characterized by thickening and hardening of artery walls .



Causes ,

Atherosclerosis is a common disorder of the arteries . fat , cholesterol , and other substances accumulate in the walls of arteries and form "atheromas" or plaques .

Eventually , the fatty tissue can erode the wall of the artery , diminish the elasticity (stretchiness) of the artery , and interfere with the blood flow .

