

HEALTH EDUCATION  
LIBRARY FOR PEOPLE



World's largest FREE health Education library for people..

We help patients to become better patients! We can help you understand your health and medical problems better so you can get better care in partnership with your Doctor.

#### OUR VISION

We think patients are the largest untapped healthcare resource and that Information therapy is the most Powerful Medicine !

#### OUR GOALS

1. Encouraging health insurance companies to invest in patient education.
2. Advocating information therapy.
3. Setting up a national network of patient education centers.
4. Developing patient educational materials in Indian Languages for the web.

For more Information Contact us:



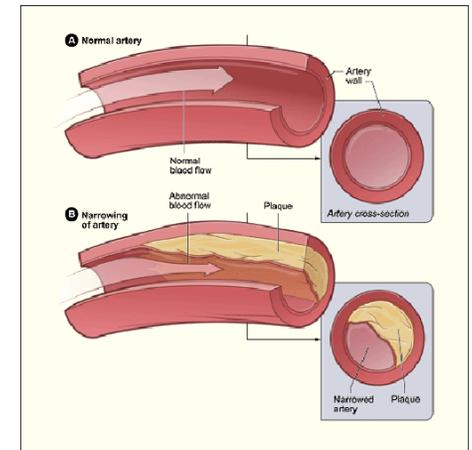
Health Education Library For People  
Ashish, 5th floor,  
Tardeo End of Mumbai Central Bridge,  
Tardeo, Mumbai - 400034  
Email: [helplibrary@gmail.com](mailto:helplibrary@gmail.com)  
[www.healthlibrary.com](http://www.healthlibrary.com)



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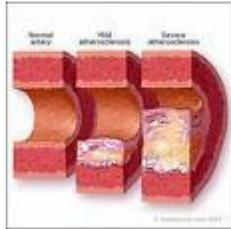
## ATHEROSCLEROSIS

Other Names:  
Arteriosclerosis  
Hardening of the arteries



What is Atherosclerosis?

## Atherosclerosis



Atherosclerosis (ath-er-o-skler-O-sis) is a disease in which plaque builds up on the insides of your arteries. Over time, plaque hardens and narrows your arteries. The flow of oxygen-rich blood to your organs and other parts of your body is reduced. This can lead to serious problems, including heart attack, stroke, or even death. It can affect any artery in the body, arteries in the heart, brain, arms, legs, and pelvis. As a result, different diseases like Coronary Artery Disease (CAD), Carotid Artery Disease or Peripheral Arterial Disease may develop.

Some people with atherosclerosis have no signs or symptoms. They may not be diagnosed until after a heart attack or stroke.

The main treatment for atherosclerosis is lifestyle changes. You also may need medicines and medical procedures. These, along with ongoing medical care, can help you live a healthier life.

The cause of atherosclerosis isn't known. However, certain conditions may raise your chances of developing it. These conditions are known as risk factors. You can control some risk factors, such as lack

of physical activity, smoking, and unhealthy eating. Others you can't control, such as age and family history of heart disease.

Atherosclerosis may start when certain factors damage the inner layers of the arteries. These factors include:

- Smoking
- High amounts of certain fats and cholesterol in the blood
- High blood pressure
- High amounts of sugar in the blood due to insulin resistance or diabetes

### How Is Atherosclerosis Diagnosed?

Your doctor will diagnose atherosclerosis based on:

- Your medical and family histories
- Your risk factors
- The results of a physical exam and diagnostic tests

You may be referred to:

- You may see a cardiologist (a doctor who specializes in treating people with heart problems) if you have coronary artery disease (CAD).
- A vascular specialist (a doctor who specializes in treating people with blood vessel problems) if you have peripheral arterial disease (PAD).
- You may see a neurologist (a doctor who specializes in treating people with disorders of the nervous system) if you've had a

stroke due to carotid artery disease.

### How Is Atherosclerosis Treated?

Treatments for atherosclerosis may include lifestyle changes, medicines, and medical procedures and surgery. Lifestyle changes include following a healthy eating plan, increasing physical activity, maintaining a healthy weight, quitting smoking, and reducing stress.

The goals of treatment are to:

- Relieve symptoms
- Reduce risk factors in an effort to slow, stop, or reverse the buildup of plaque
- Lower the risk of blood clots forming
- Widen or bypass clogged arteries
- Prevent diseases related to atherosclerosis

Taking steps to control your risk factors can help prevent or delay atherosclerosis and its related diseases. These steps include making lifestyle changes and/or taking medicines as prescribed by your doctor.

If you have atherosclerosis, work closely with your doctor and other health care providers to avoid serious problems, like heart attack and stroke.

Talk to your doctor about how often you should schedule office visits or blood tests. Be sure to let your doctor know if you develop new symptoms or if your symptoms worsen.

**LET'S HELP  
ERADICATE  
IGNORANCE**