

Atherosclerotic Disease: An Overview

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Key points:

- Introduction to Atherosclerosis
- Causes and risk factors
- Symptoms
- Diagnosis
- Prevention and cure

Introduction

Atherosclerosis or coronary artery disease (CAD) is the most common form of cardiovascular disease (CVD) where the main component is lipid. Accumulation and inflammation of the large arteries, which eventually lead to its clinical complications, myocardial infarction (MI) and stroke. As a disease of slow progression, clinically significant atherosclerosis occurs in older individuals.¹

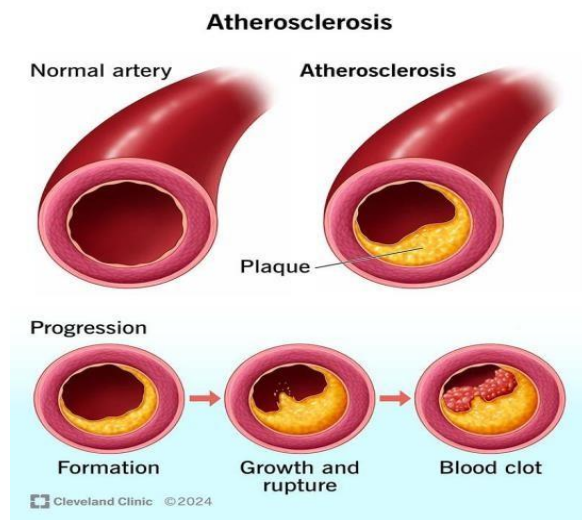


Figure 1: Atherosclerosis formation.⁴

Symptoms

Signs and symptoms of atherosclerosis include:

- Fatigue or weaknesses
- Shortness of breath
- Depression and anxiety
- Nausea and vomiting sensation
- Abdominal, neck, back, jaw or shoulder and arm pain.
- Chest pain with a heavy, squeezing, crushing sensation with possible burning or stabbing pain.²

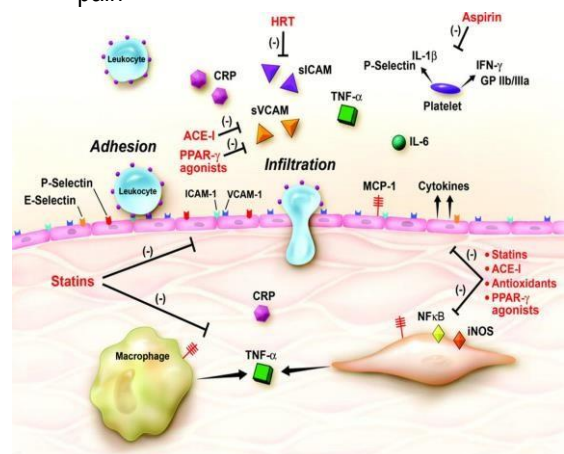


Figure 2: Atherosclerotic plaque formation.⁵

Diagnosis

Atherosclerosis is usually diagnosed by reviewing your own risk factors (like high cholesterol, high blood pressure, and smoking), doing blood tests, and using imaging tests-such as ultrasound and CT scan- to check plaque buildup in the arteries. ³

Prevention and Control

Prevention and control of atherosclerosis mainly about a healthy lifestyle:

- Healthy lifestyle
- Regular exercise
- No smoking
- Manage healthy conditions.¹

References

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