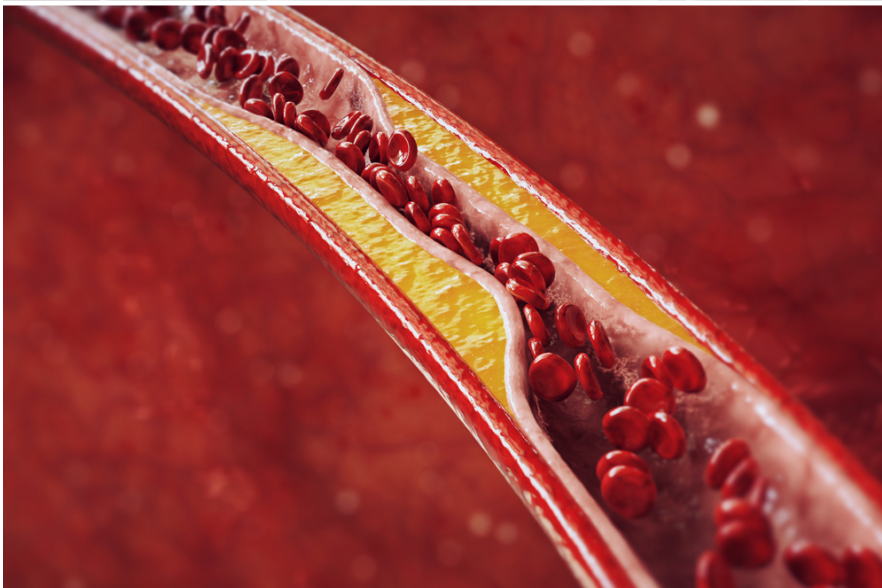




Arterial Insufficiency



Overview

This is when your blood has trouble flowing through your arteries. What are your arteries? They're the vessels that carry blood away from your heart and to all the parts of your body.

Causes

What causes this problem? Often, it results from atherosclerosis. We also call it "hardening of the arteries." That's a buildup of plaque on your arteries' walls. The plaque narrows them. It makes them stiff. And that can slow down the flow of blood.

Symptoms and complications

What are the symptoms? Well, it depends on what arteries are affected. In the legs, you can have leg cramps during exercise. In the belly area, you can have pain after eating. A narrowing of the arteries of the heart or brain is dangerous. If a blood clot gets stuck here, you can have a heart attack or a stroke.

Treatment

How do we treat arterial insufficiency? Improved lifestyle choices – such as a heart-healthy diet and regular exercise – are important. Medication may help, too. You may benefit from a medical procedure. And, you may benefit from surgery. Your doctor will create a plan that's right for you.