

Peripheral Vascular Disease Awareness on Public Health and Epidemiology

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Abstract

A manifestation of systemic atherosclerosis, peripheral vascular disease (PVD) is an independent risk factor for cardiovascular (CV) morbidity and mortality. Due to the lack of studies focused specifically on women, PVD research has traditionally been focused on male patients. Our cross-sectional study examined the incidence and risk factors associated with PVD and atherosclerosis. Women veterans' ambulatory status as well as their knowledge and awareness of PVD and its effects.

Keywords: PVD • Vascular • Epidemiology • Peripheral vascular

Description

Materials and methods: We screened 162 ambulatory women veterans aged 40 to 85 who were enrolled in outpatient care at an urban tertiary care teaching hospital. Among 207 women who responded to the ad or mailing, 78.3% met the study's eligibility criteria and gave their informed consent. Participants (N=162, mean age 54.8 +/-9.3 years) were evaluated through chart review and non-invasive screening procedures (ankle-brachial index [ABI]; carotid artery intima-medial thickness [IMT]). CV risk levels were determined using a modified Framingham risk level score: low risk, +0-1 risk factor; moderate risk, +2 risk factors; and high risk, >3 risk factors=2 risk factors. In this study, women's knowledge and awareness about PVD risk factors, symptoms, and health consequences were assessed with a psychometrically sound survey (average subscale reliability: 0.942). PVD is a blood circulation illness in which the blood vessels outside of the heart and brain constrict, obstruct, or spasm. This might happen in the arteries or veins of your body. Pain and exhaustion are common symptoms of PVD, especially in the legs and during activity. Rest usually helps to alleviate the ache. Blood arteries narrow and blood flow diminishes as a result of VD. This can be caused by either arteriosclerosis, or "hardening of the arteries," or blood vessel spasms. Plaques form in a vessel and restrict the flow of blood and oxygen to your organs and limbs in arteriosclerosis. Clots

may form as plaque formation advances, completely blocking the artery. If left untreated, this can result in organ damage and the loss of fingers, toes, or limbs. Only the arteries that carry oxygen-rich blood out from the heart develop peripheral arterial disease (PAD). Because PAD is the most common form of PVD, the names are frequently replaced.

Conclusion

Despite the existence of many PVD risk factors, the women in this study had a poor degree of vascular disease knowledge and awareness. Future research is essential to create and spread information regarding PVD in women, as well as its involvement in CV health in women. Women and their doctors will be able to analyse risk factors and conduct preventive actions if they are better educated about the importance of PVD. Peripheral artery disease (PAD) is a common cardiovascular illness in which fatty plaque builds up in the arteries, causing blood flow to the head, organs, and limbs to be reduced. PAD affects the arteries that supply blood to the arms and legs, but it is more common in the legs.

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