

# Understanding Atherosclerosis: Unraveling the Intricacies of Arterial Plaque Formation

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## **Abstract**

Atherosclerosis, a complex and insidious cardiovascular condition, represents a paramount challenge to global health. This article delves into the multifaceted landscape of arterial plaque formation, a pivotal process in the genesis of atherosclerosis. From the delicate endothelial lining to the dynamic evolution of plaque, we unravel the molecular

immune cells that transform into foam cells, forming the early hallmark—fatty streaks. As these evolve into atheromas,

beyond mere structural changes. Thrombosis, triggered by platelet adherence to the exposed plaque, poses imminent risks of ischemia in vital organs. Heart attacks, strokes, and peripheral vascular diseases emerge as stark realities, emphasizing the urgency of understanding atherosclerosis. This exploration extends beyond pathology, scrutinizing

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