

Atherosclerosis and its Impact on Cardiovascular Health

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Abstract

Atherosclerosis is a condition characterized by the hardening and narrowing of the arteries, which can lead to health complications such as heart attacks, strokes, and peripheral artery disease. The accumulation of plaque within blood vessels can make them fragile and prone to rupture, leading to the formation of blood clots that obstruct blood flow. This condition can also cause angina and transient ischemic attacks. Managing atherosclerosis involves a multifaceted approach, including lifestyle changes, medications, and invasive procedures. Ongoing research is exploring new treatment options, including anti-inflammatory therapies such as methotrexate and IL-1 inhibition. Early detection and prevention are crucial for maintaining optimal cardiovascular health.

Keywords:

Description:

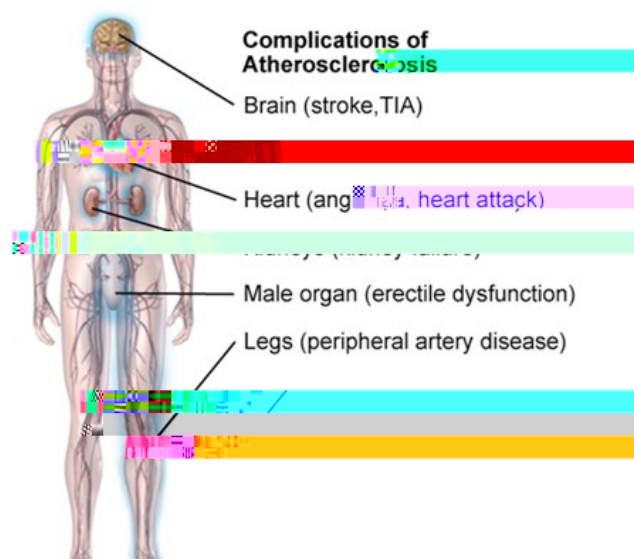


Figure 1: Complications of atherosclerosis.

Transient Ischemic Attack (TIA)

Heart Attack

Angina

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Conclusion

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Conflict of Interest

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