

# PVD

## Peripheral Vascular Disease

### Basics

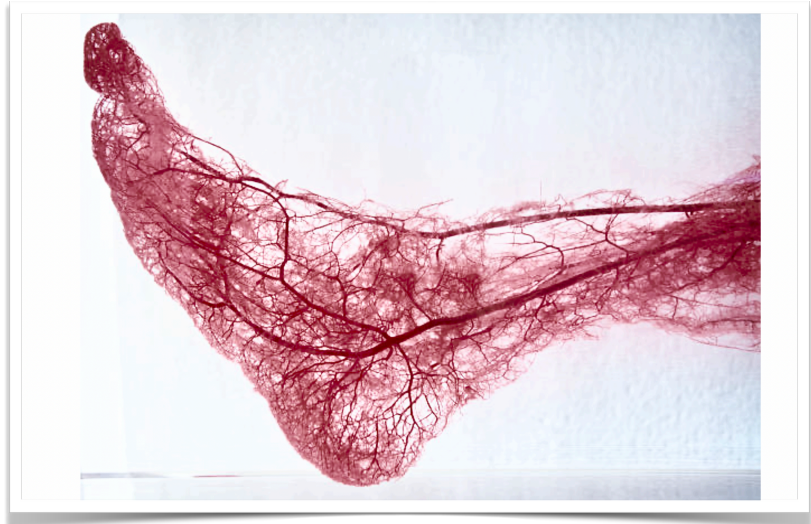
- Insufficient tissue perfusion
- Primarily the result of atherosclerosis
- The atherosclerotic process may gradually progress to complete occlusion of medium-sized and large arteries

### Risk factors for atherosclerosis

- High blood pressure
- Diabetes
- History of smoking
- Dyslipidemia (an abnormal amount of lipids in the blood)
- Alcohol or illicit drug use

### Evidence of atherosclerosis

- History of heart attack or angina (severe chest pain)
- History of arterial disease
- Previous heart surgery (CABG, stent placement etc.)



### How to optimize your vascular health

- Stay physically active and maintain healthy weight
- Normalize your vitamin K2 (MK7) which helps move calcium from the blood vessels into the bone, reducing the risk of atherosclerosis. Vitamin K2 also protects endothelium (the inner lining of blood vessels).
- Other nutrients important for cardiovascular health: co-enzyme Q10 (ubiquinol), vitamins C, D, minerals such as selenium and magnesium, enzymes such as lumbrokinase.
- Improve sleep quality - fragmented or insufficient sleep is associated with low-grade inflammation and thus risk of atherosclerosis.
- Avoid vegetable oils, margarines, butter substitutes and trans fats.