



PVD

Peripheral Vascular Disease



What is PVD?



- Peripheral Vascular Disease is a disorder affecting circulation of vessels in the body (also know as Peripheral Artery Disease)
- Commonly caused by atherosclerosis...poor food choices



PVD Symptoms



- Unhealthy pale appearance
- Pain in legs when exercising
- Skin Changes (cool/cold to touch, thin, shiny, brittle skin on legs and feet)
- Hair loss on legs
- Impotence
- Weakness, heaviness, numbness in leg and feet
- Thick, opaque toenails



Prevention & Treatment



- No smoking, secondhand smoke or any tobacco products
- Low fat and carbohydrate diet
- Exercise 30 minutes or more daily
- Diabetes control and weight loss
- Medications
- Vascular Surgery
- Angioplasty

Source: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/peripheral-vascular-disease>

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