

## A Short Note on Atherosclerosis

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### DESCRIPTION

Atherosclerosis is characterized by abnormalities in the arterial wall caused by building up of fats and cholesterol in the inner lining of artery which are known as plaque. These lesions cause narrowing of artery and restrict the blood flow. There are usually no symptoms at first, but if they do appear, they usually do so around the age of 40. It can cause coronary artery disease, stroke, peripheral artery disease, and renal problems depending on which arteries are involved.

Because atherosclerosis is most commonly associated with the heart, it can affect arteries throughout the body. Atherosclerosis is a treatable condition. The arteries are the blood vessels that transport oxygen-rich blood from the heart to the body's tissues.

The initial stage in the development of atherosclerosis is endothelial damage. High cholesterol, high blood pressure, arthritis or autoimmune inflammation, obesity or diabetes, and smoking are all significant factors of heart disease. Chest pain or discomfort, shoulder, neck, arm, and jaw pain, stomach pain, shortness of breath, perspiration, lightheadedness, nausea or vomiting, and a sensation of imminent destruction are some of the symptoms.

### Complications

Atherosclerosis complications include the disorders mentioned below.

**Coronary Artery Disease (CAD):** The coronary arteries are blood vessels that supply oxygen and blood to the heart's muscular tissue.

**Carotid Artery Disease (CAD):** The carotid arteries are found in the neck and provide blood to the brain. These arteries may be affected if plaque accumulates in their walls. Circulation problems may lower the amount of blood and oxygen that reaches brain tissue and cells.

**Peripheral Artery Disease (PAD):** Occurs when the legs, arms, and lower body depend on arteries to deliver blood and oxygen to their tissues. Circulation difficulties in several parts of the body can be caused by cardiovascular problems.

**Diabetic Kidney Disease (DKD):** The renal arteries transport blood to the kidneys. Kidney failure may result from atherosclerosis of these arteries.

### Treatment

Lifestyle modifications, such as eating a balanced diet and exercising, are the first line of protection against atherosclerosis and may be all that is required to cure it. However, medicines or surgical treatments may be required in rare cases.

### Medications

There are several medications available to prolong or even reverse the symptoms of atherosclerosis. To treat atherosclerosis, the following medications are used:

Statins and other cholesterol-lowering drugs lowering Low-Density Lipoprotein (LDL) cholesterol the bad cholesterol aggressively can reduce, prevent, or even reverse the formation of fatty deposits in arteries. Statins are routinely used to reduce cholesterol, promote arterial health, and prevent atherosclerosis. There are several additional types of cholesterol-lowering drugs available. Another frequent form is ezetimibe, a cholesterol absorption inhibitor (Zetia). It is possible that you will require more than one type of cholesterol medicine.

**Thinners of the blood:** Blood-thinning drugs, such as aspirin, may be prescribed by a doctor to lower the chance of platelets clumping in restricted arteries, forming a blood clot, and causing additional obstruction.

**Medication for high blood pressure:** Blood pressure medications do not directly reverse atherosclerosis, but rather prevent or treat problems associated with the condition.

**Other medicines:** Other drugs may be prescribed by a doctor to control health disorders that increase the risk of atherosclerosis, such as diabetes. Additionally, particular drugs to relieve atherosclerosis symptoms, such as leg pain during activity, may be provided.

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**Received:** 04-Feb-2022, Manuscript No. JAP-22-16665; **Editor assigned:** 07- Feb-2022, PreQC No. JAP-22-16665 (PQ); **Reviewed:** 21- Feb -2022, QC No. JAP-22-16665; **Revised:** 24- Feb -2022, Manuscript No. JAP-22-16665 (R); **Published:** 01- Mar -2022, DOI: 10.35248/ 2168-9784.22.14.335.

**Citation:** Ashique S (2022) A Short Note on Atherosclerosis. J Appl pharm. 14:335.

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