

# An Overview and Prevention of Vascular Disease

Vincent Auffret\*

Department of Medicine, Division of Cardiology, New York Medical College, Valhalla, NY, USA

## Editorial

Vascular medicine (angiology) training is well-established in numerous European nations. The first European educational Working Group (EWMA) was established in Milan in 1991, and it became a European Scientific Association VAS Vascular Independent Research and Education European Organization in 1998, with several European educational programmes, including European Fellowship, European Master, CESMA-UEMS European Diploma, and Postgraduate Courses. In the United States, there are several independent vascular medical training programmes as well as twelve NIH-funded three-year programmes. Internal medicine physicians or cardiologists can apply for these fellowships. The first vascular medicine boards were given out by the American Board of Vascular Medicine in 2005.

### Types of vascular disease

- Aneurysm
- Peripheral artery disease
- Buerger's disease
- Lymphedema
- Raynaud's phenomenon

### Treatment of vascular disease

- Exercise
- A Healthy Diet (a diet that helps lower blood sugar and cholesterol)
- Stop smoking
- Stress management
- Don't smoke

### Causes of vascular disease

- Blood clotting
- Diabetes
- High blood pressure
- Smoking
- Stress
- Cholesterol
- Genetics

**\*Address for Correspondence:** Vincent Auffret, Department of Medicine, Division of Cardiology, New York Medical College, Valhalla, NY, USA, E-mail: [auffretv@yahoo.com](mailto:auffretv@yahoo.com)

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**Received:** 02 May, 2022, Manuscript No: jhoa-22-67410; **Editor assigned:** 09 May, 2022, PreQC No.P-67410; **Reviewed:** 16 May, 2022, QC No. Q-67410; **Revised:** 23 May, 2022, Manuscript No. R-67410; **Published:** 30 May, 2022, DOI: 10.37421/2167-1095.2022.11.346

- Make good lifestyle changes, such as eating a heart-healthy diet and increasing physical activity.

When the heart beats, blood is pumped via the circulatory system, which is a network of blood vessels. Blood flows through the vessels, which are flexible tubes that deliver blood to all parts of the body. Blood is transported away from the heart via supply channels. Veins transport blood from the heart to the rest of the body.

Please don't smoke. If you're already a smoker, talk to your health-care provider about finding the best way to quit. If you have diabetes, regulate your blood sugar and keep your blood weight and cholesterol in balance. Avoid sitting or standing for long periods of time. If you must sit for an extended period of time, stand up and move around every hour or so. If you're going on a lengthy vacation, you'll be able to wear compression leggings and extend your legs on a regular basis.

Vascular illness can affect anyone. Vascular infections are becoming more common as Americans gain weight and develop Type II diabetes, and as the population ages. 8.5 million People are affected by PAD alone. It can strike anyone at any time, and it affects both men and women equally. Adolescents can develop atherosclerosis. Vascular disease typically occurs at points where blood flow is turbulent, such as when the blood flow inside the channels abruptly changes course.

Any disorder that affects the structure of your blood vessels is referred to as a vascular infection. The vascular or circulatory system is the name for this system. The word "vascular" is derived from a Latin word that means "empty container." If your blood veins were all connected end-to-end, they would circle the Earth at various times. Blood is moved through several of these channels. As your heart beats, oxygen and nutrients are pumped into your bloodstream to support your tissues and transport waste away. Blood is moved away from the heart through arteries. It's returned to the veins.

Lymph tubes and lymph nodes are part of a complex cleansing system that removes harmful cells from your body. They can also help you protect yourself from infections and cancer. The vessels pick up fluids from all over your body's tissues. This fluid returns to veins beneath your collarbones. Vascular infections range from problems with your veins, arteries, and lymph vessels to clogs that affect how your blood flows. An illness can be harsh to your tissues if they don't get enough blood, a condition known as ischemia, as well as other actual, indeed, diseases [1-5].

## Conflict of Interest

None.

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**How to cite this article:** Auffret, Vincent. "An Overview and Prevention of Vascular Disease." *J Hypertens* 11 (2022): 346.