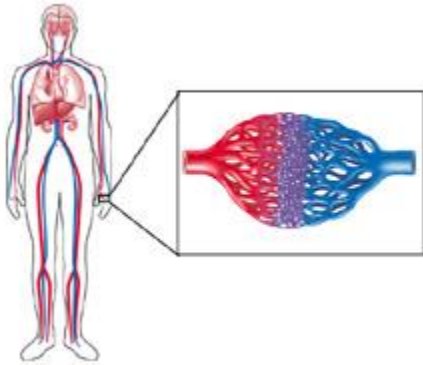


## Vascular Disease

As the heart beats, it pumps blood through a system of blood vessels, called the [circulatory system](#). The vessels are elastic tubes that carry blood to every part of the body



- Arteries carry blood away from the heart.
- Veins return blood back to the heart.

**Vascular Disease** includes any condition that affects your circulatory system, such as peripheral artery disease. This ranges from diseases of your arteries, veins and lymph vessels to blood disorders that affect circulation. The following are conditions that fall under the category of "Vascular Disease":

The vascular system is the body's network of blood vessels. It includes the arteries, veins and capillaries that carry blood to and from the heart. Problems of the vascular system are common and can be serious. Arteries can become thick and stiff, a problem called [atherosclerosis](#). [Blood clots](#) can clog vessels and block blood flow to the heart or brain. Weakened blood vessels can burst, causing bleeding inside the body.

You are more likely to have vascular disease as you get older. Other factors that make vascular disease more likely include

- Family history of vascular or heart diseases
- Pregnancy
- Illness or injury
- Long periods of sitting or standing still
- Any condition that affects the heart and blood vessels, such as diabetes or high cholesterol
- Smoking
- Obesity

Losing weight, eating healthy foods, being active and not smoking can help vascular disease. Other treatments include medicines and surgery.

