

Do You Need

VASCULAR SCREENING?



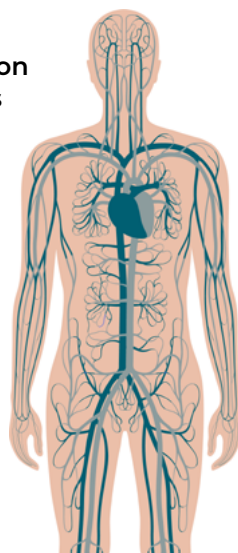
By some estimates, the human body contains over 60,000 miles of blood vessels. It's no surprise that your vascular health is critically important to your overall wellness! Regular screenings and prompt vascular treatments can help keep you active and healthy as you age.

For most people, the first step in improving your vascular health is to schedule a routine screening. For others, relieving any vascular symptoms may require treatment from a vascular provider.

What is Vascular Disease?

Vascular diseases and disorders occur when your veins, arteries, or other blood vessels stop functioning normally. Varicose veins are a common condition caused by weak or damaged vein walls or valves. Sometimes this can be the result of infection; in other cases it may be due to age or lifestyle issues. Vascular disease eventually lead to:

- Stroke
- High blood pressure
- Blood clots
- Heart disease (hardening of the arteries)
- Poor circulation
- Other conditions



Vascular disease can take many forms. For many, vein disease may be symptomless or minor. For example, for most patients, varicose and spider veins do not cause physical discomfort. However, in many cases vascular conditions can be very serious—even life threatening. Screenings can provide early warnings of many symptomless, serious conditions.

What Causes Vascular Disease?

The causes of vascular disease vary from person to person. In most people, there's usually no single cause. Instead, arterial disease is most often the result of multiple different causes. Those could include:

- Age
- Lifestyle and diet choices
- Family history
- Medical history
- Infections or injury to your blood vessels
- Other habits (such as smoking)

Who Should Get Screened?

In general, the following people should think about undergoing regular screening for vascular disease issues. You should schedule a screening if you:

- Are over the age of 55
- Have a family history of vascular or venous disease, including stroke
- You have aches and pains in your limbs (arms or legs)
- Have been diagnosed with diabetes
- Have a history of smoking or are currently a smoker
- Have high cholesterol or high blood pressure
- Have a history of blood clots

How are Vascular Health Issues Treated?

The treatment for vascular disease varies depending on the underlying cause, the symptoms, and the overall health of the patient. However, in general, vascular treatment will typically take the form of the one of the following:

- Surgical treatment
- Minimally invasive outpatient surgery
- Medication
- Lifestyle changes

Where can you get your screening?

Dakota Vascular's primary clinic is located in Sioux Falls, SD. But to make keeping up with your vascular health easier, patients can meet with our surgeons at several outreach facilities located in South Dakota, Iowa and Minnesota.

With convenient locations across the Midwest, it's easier to get the care you need—and keep your veins and arteries healthy.




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APPOINTMENT



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