

## Fast Facts

### Vasculitis

- Also known as angiitis or arteritis
- Is when blood vessels are inflamed and this caused the walls of the vessels to thicken, weaken, narrow or scar resulting in restricted blood flow, which can cause damage to tissues and organs
- Exact cause is unknown, but thought to be related to genetics or immune system attacking your blood vessels on accident
- Can affect anyone
- Can be a short-term (acute) or long-term (chronic) condition
- Severity of the disease varies and can range from mild to severe
- Severe complications include organ damage that results in them failing, blood clots, aneurysms, vision loss/blindness or life-threatening infections (ex. sepsis)
- Many types, but most are rare
- Types are: Behcet's disease, Buerger's disease, Churg-Strauss syndrome, Cryoglobulinemia, Giant cell arteritis, Granulomatosis with polyangiitis, Henoch-Schonlein purpura, Kawasaki disease, Takayasu's arteritis, Microscopic polyangiitis, Polyarteritis nodosa and Hypersensitivity vasculitis
- For some types, symptoms can come on suddenly and early in the disease process, but for others, they appear gradually or later in the disease process.

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
-Depend on the type  <i>General:</i> -Fever -Headache -Fatigue -Weight loss -Night sweats -Rash -Numbness -Weakness -Aches/pains	<i>Goal:</i> Reduce the inflammation and rectify any underlying conditions  <i>Two Phases:</i> -Reducing inflammation -Preventing relapse  <i>Medications:</i> -Corticosteroids -Steroid-sparing  <i>Surgery:</i> -To fix complications, like blood clots or aneurysms	Live a Healthy Lifestyle: -Eat a diet high in fresh fruits/vegetables, whole grains, low-fat dairy products and lean meats/fish -Limit the amount of fat, sodium and sugar in your diet -Drink plenty of water throughout the day -Get regular exercise most days of the week (start off slow and get your doctor's approval before trying any new fitness routine) -Get enough sleep

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