

ABDOMINAL AORTIC ANEURYSM

Compiled by

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Source

Various, including NHS, UK

CMG Archives

<http://www.campbellmgold.com>

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IMPORTANT

The health information contained herein is not meant as a substitute for advice from your physician, or other health professional. The following material is intended for general interest only; and it should not be used to diagnose, treat, or cure any condition whatever. If you are concerned about any health issue, symptom, or other indication, you should consult your regular physician, or other health professional. Consequently, the Author cannot accept responsibility for any individual who misuses the information contained in this material. Thus, the reader is solely responsible for all of the health information contained herein. However, every effort is made to ensure that the information in this material is accurate; but, the Author is not liable for any errors in content or presentation, which may appear herein

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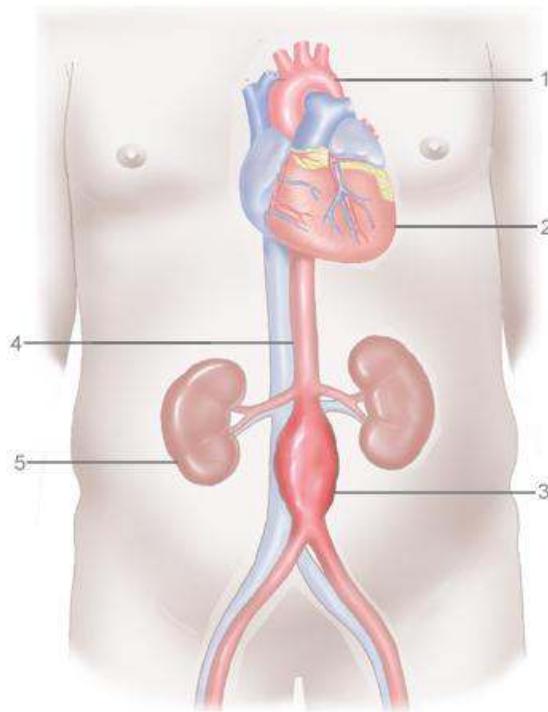
Introduction

An aneurysm is a bulge in a blood vessel caused by a weakness in the vessel's wall. Consequently, as blood passes through the weakened blood vessel, the blood pressure causes it to bulge outwards like a balloon.

Exactly what causes blood vessel walls to weaken is unclear, though hardening of the arteries, smoking, and high blood pressure are considered to increase the risk of an aneurysm.

The abdominal aorta

The abdominal aorta is the largest blood vessel in the body, and is roughly the width of a garden hose. It transports oxygenated blood away from the heart to the rest of the body.



1. aorta, 2. heart, 3. aortic aneurysm,
4. aorta leading away from the heart, 5. kidney
Courtesy of NHS UK

It runs in a straight line down from the heart, through the chest and abdomen before branching off into a network of smaller blood vessels.

In most cases, an abdominal aortic aneurysm causes no noticeable symptoms and does not pose a serious threat to health.

However, there's a risk that a larger aneurysm could burst open (rupture). A ruptured abdominal aortic aneurysm can cause massive internal bleeding, which is usually fatal. Four out of five people with a ruptured aortic aneurysm will die as a result.

The most common symptom of a ruptured aortic aneurysm is sudden and severe pain in the abdomen.

Who is affected?

Abdominal aortic aneurysms are most common in men aged over 65, with around 1 in 25 men being affected.

The number of aortic aneurysms that rupture is much smaller, with only around 1 in 10,000 people having a ruptured aortic aneurysm in any year in the UK.

Prevention

The best way to prevent getting an aneurysm, or to reduce the risk of an aneurysm growing larger and possibly rupturing, is to avoid activities that could damage blood vessels, such as:

- alcohol consumption
- diabetes
- high-fat diet
- not exercising regularly

- overweight or obese
- poor supplementation
- smoking
- stress

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