
Preface

Over the last several decades, improved healthcare systems coupled with improvements in public health works such as sanitation have led to major epidemiological shifts and alterations of prevalent trends in nosology. One of these changes is the general improvement in health allowing people to live longer and better. The price for this, however, is the aging population that is burdened with nontransmissible chronic disease. Atherosclerosis is now the leading cause of death worldwide, responsible for one-third of deaths; as such, vascular diseases are now widely prevalent and are currently a major public health issue. Vascular diseases such as aneurysms, peripheral arterial disease, the diabetic foot, venous thromboembolism, cerebrovascular disease, aortic dissection, and acute limb ischemia are now much more common, especially in emergency rooms.

However, many healthcare practitioners have little or no knowledge about the modern diagnosis and therapy that are appropriate for these common vascular diseases. Interestingly, each of these vascular diseases has its own risk factors, demographics, natural history, and treatment; even peripheral artery and coronary artery disease are quite distinct. Simply using a non-evidence-based approach could increase morbidity and costs of treatment, and even lead to mortality.

The idea of this book was born after we realized that most of our undergraduate students and nonvascular expert healthcare professional colleagues did not have an objective evidence-based guide for their education and daily practice. Most of the vascular textbooks available to them are typically intended for experts and not for general practitioners.

The aim of this book is to provide nonspecialist healthcare practitioners with current, focused, objective, and evidence-based information on the most common vascular diseases encountered in daily clinical practice. For each disease, the concept, epidemiology, natural history, diagnosis, and treatment are described, followed by essential advice on what the nonspecialist can do for the patient and when to refer the patient to a specialist.

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An Evidence-Based Guide

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