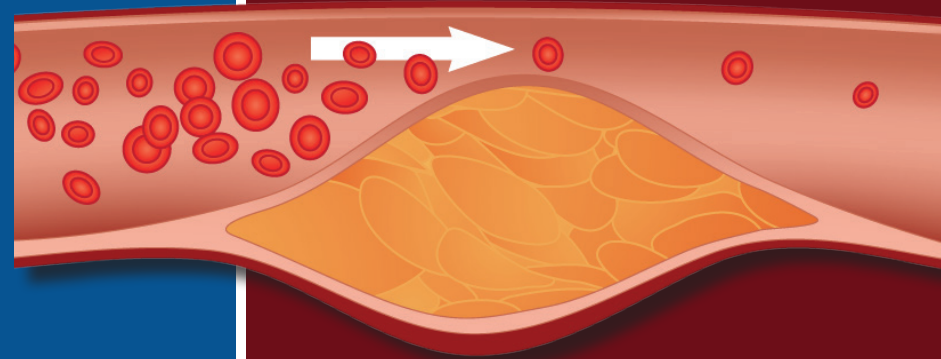
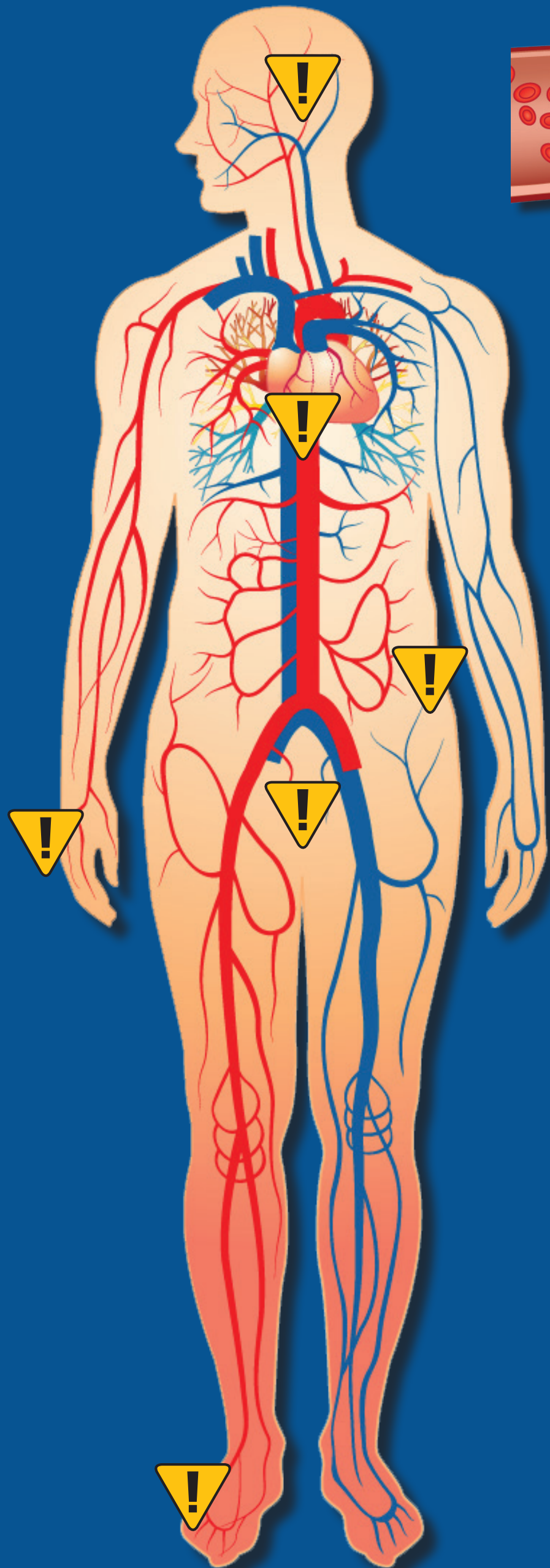


The Warning! Signs of Clogged Arteries



When cholesterol particles build up in the arteries, they form plaques that narrow the path for blood flow. Narrowed arteries strike all areas of the body and can lead to pain and discomfort and ultimately result in heart attack.

▼ **Stroke:**

Plaque that accumulates in the carotid arteries, which carry blood to the brain, can result in stroke.

▼ **Fatigue and Dizziness:**

Reduced oxygen from poor blood flow can result in dizziness and extreme fatigue, especially in women.

▼ **Shortness of Breath:**

Reduced blood flow can lead to shortness of breath.

▼ **Chest Pain:**

Chest pain, or angina, results from reduced blood flow to the heart. Angina can be felt as pressure, numbness, tightness, squeezing, or burning.

▼ **Lower Back Pain:**

When blood flow to the lower back is reduced, the disks between the vertebrae become fragile, which can result in painful pinched nerves.

▼ **Erectile Dysfunction:**

Narrowed arteries to the genitals can cause sexual dysfunction.

▼ **Painful, Numb, or Cold Hands and Feet:**

Plaque in the arteries leading to the arms and legs can result in painful, numb, and cold extremities.