



Endothelial Dysfunction: Understanding the Underlying Causes and Implications

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Abstract

Endothelial dysfunction is a condition characterized by a failure of the endothelium to produce and release nitric oxide (NO) in response to shear stress. This leads to a state of chronic inflammation and oxidative stress, which is associated with the development of atherosclerosis. The underlying causes of endothelial dysfunction are multifactorial, involving both genetic and environmental factors. Key factors include hypertension, hyperlipidemia, diabetes mellitus, and smoking. The implications of endothelial dysfunction are significant, as it is a precursor to cardiovascular disease, including heart failure, stroke, and peripheral artery disease. Understanding the underlying causes and implications of endothelial dysfunction is crucial for the development of effective therapeutic strategies to improve endothelial function and reduce the risk of cardiovascular disease.

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