

VIRTUAL ARTERIAL BIOPSY

how to do prevention with sure data.

Important reflections and advice from Dr. Redaelli

For a lifetime, it has been told us that we need to be careful with the cholesterol.

The cholesterol tends to accumulate in the arterial inner side, and by the time goes by it can cause the so-called arteriosclerotic plaques and get to the point where it occludes the arteries (not the veins as someone thinks).

In this way the infarctions happen, both the cerebral and the hearted one, both in the other body zones less important but often equally disabling.

The effects are totally devastating: serious invalidities that continue for the whole living of the patient and his relatives.

So if it is possible, prevention is extremely important.

Lately, due to budget's problems, the public medical care repays the anticholesterol medicines (that lower the levels of cholesterol) only for serious cases. Money is not endless and it has to be fairly addressed to the aimed operation. Sometimes from a very permissive of the old days, we get to the very restrictive of nowadays, though.

In particular women result ruined by these decisions: primary prevention is practically impossible and the secondary prevention is late: the damage is already done.

From this point of view it appears particular important to know exactly if the arteries are effectively altered or not by an anticholesterol process, even if it just started. In this way the modern echocolor Doppler sonography assumes a fundamental role that allows accomplishing the VIRTUAL ARTERIAL BIOPSY.

I explain myself better:

there are some particular arterial zones that represent the arterial situation of the all human body's arteries with great precision. In other words, evaluating two of these particular zones, the carotid and femoral bifurcations, it is possible to draw sufficient information that can be aforesaid of serious pathologies with a great precision. If these arterial sites are unhurt by inspissations or even clear arteriosclerotic plaque, the probability that also the remained arteries is unhurt would be high. They represent a good image of the whole being.

On the contrary, if the vascular surgeon finds modest, but significant inspissations of the intima, the inner side of the arterial vase, in these arteries (the carotid and femoral bifurcations), then the probability that also the other arteries are involved in the arteriosclerotic disease would be higher.

In this case, the abolition of factors at risk becomes fundamental:

DIABETES OR OTHER VASCULAR DISEASES, SMOKE, OVERWEIGHT, ARTERIAL HYPERTENSION AND HYPERCHOLESTEREMIA.

Getting at the end, my thought:

probably we exaggerated with the prevention of the hypercholesteremia: not all the patient need a so strict prevention. But if we can verify with a great precision if the arteries are already an initial prey of an arteriosclerotic process, then we can make a more aimed prevention. If the cholesterol is high (I intend higher than 240mg) and moreover if you have other factors at risk, start the "virtual arterial biopsy". It is an easy exam to take and it allows a very reliable therapeutic method.

IF YOU HAVE HIGH CHOLESTEROL AND.....

-SCLEROUS ARTERIES: pay attention at the prevention, the cholesterol must be lower than 200 mg/dl even with hypocholesterol medicine

-REGULAR ARTERIES: less rigour: a good diet will be sufficient

Naturally, to be able to accomplish such delicate exams, it is fundamental to have diagnostic and echographic equipment with an accurate precision, that allows a clear vision of the arterial intima, a very thin part of the arterial side.

Address to an up-to-date structures, that have a very modern equipment.

For further information you can write to me at: mail@docredaelli.com