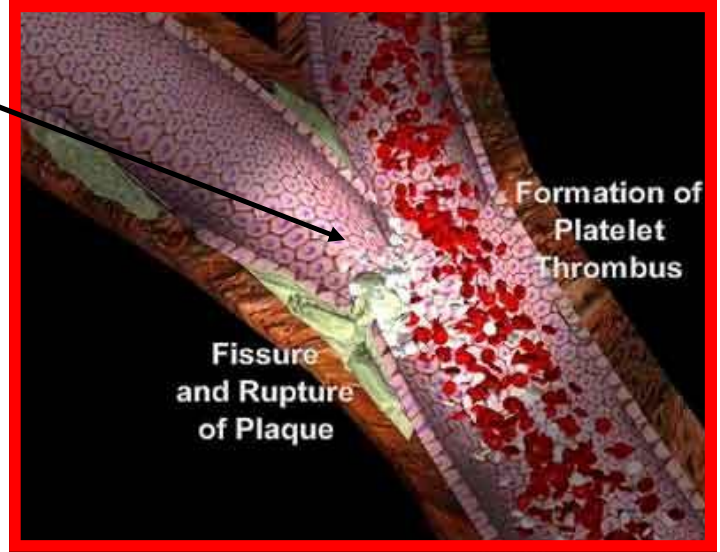
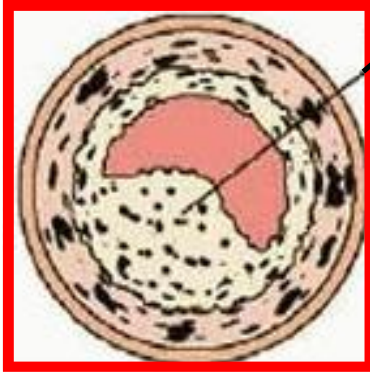


GETTING RID OF PLAQUE

by Rebecca Morley



Background on arteriosclerosis The formation of cholesterol plaques, platelets, fibrin and substances in your artery walls leads to hardening of the arteries and blocked blood circulation. Plaque formation often begins in childhood.

Arteriosclerosis is 90% silent. Half the time the first symptom is sudden death.

8 Factors influencing plaque formation

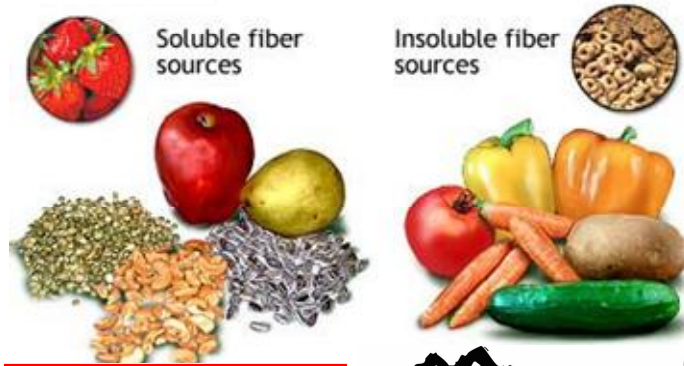
- Family history of heart disease
- High BMI and Sedentary Lifestyle
- Tobacco use
- High Blood Pressure
- Abnormal Lipid Levels.
- High Stress Levels
- Diet High in Saturated or Trans-Fats
- Being Male or Being an Estrogen Deficient Female.

Getting Rid of Existing Plaque Prevention is more effective than treatment of heart disease. Most risk factors can be reduced. Getting rid of plaque that already exists is a long-term effort focusing on lifestyle changes that benefit cardiovascular health, and help prevent many other chronic diseases. Guidelines established by the National Cholesterol Education Program (NCEP) promote exercise, healthy foods and weight loss for the treatment of abnormal lipids which lead to arteriosclerosis. Early on, efforts to rid your blood vessels of existing plaque, sometimes involves use of medication. Combined with a good exercise program and healthy diet you can begin getting rid of plaque.

Drugs Used to Treat Arteriosclerosis

CHOLESTEROL	Agressively lower LDL or raise HDL with a variety of choices including statins and fibrates.
ANTI-PLATELET	Aspirin,plavix, etc.
ANTICOAGULANTS	Heparin or warfarin (also known as chelation therapy)
BLOOD PRESSURE	Beta-blockers, angiotenson-converting enzyme (ACE) inhibitors, and calcium channel blockers
OTHER MEDS	As required meds to control conditions such as diabetes , leg pain, etc.

Eat More of These



Adapted from : arteriosclerosis.com