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There are physical causes that cause atherosclerosis

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Atherosclerosis, apparently, can be slowed down or stopped, but for this it is necessary to prevent periodic leakage of arterial blood through the anastomoses into the venous bed. Blood loss in the arteries occurs in stressful situations, with increases in blood pressure, usually in a sitting position. Leaks lead to a shortage of arterial blood volume in a fixed arterial volume (on average, taking into account pulsations). The venous bed overflows at the same time. With a lack of arterial blood, the total area of the endothelial lining decreases, and the thickness of the walls of the arteries is forced to expand (towards the axis of the arteries), and this naturally causes damage to the endothelium and blood suction from the main stream into the expanding walls of the arteries.

Medicine has been searching for 110 years and has not found the cause, which causes some fractions of blood, mainly LDL, to penetrate deep into the walls of the arteries, get fixed there and cause inflammatory reactions. It turns out that an unknown transport of lipids inside the elastic walls of the arteries is a cyclic pressure drop at the border of the endothelium and the main arterial flow. Critical pressure drops are caused by elastic forces of the artery walls plus gravity forces for vertical arteries.

Is it possible to do something now to prevent atherosclerosis? You can! It is necessary to replenish the volume of arterial blood every day, especially after forced nervous stresses. The option of replenishing arterial blood volume is daily breathing and physical exercises, a restful night's sleep, and in hospital conditions – arterial transfusions. After all, enhanced breathing exercises lead to an increase in throughput through the pulmonary circulation, which, in turn, leads to replenishment of arterial blood volume. At the same time, the spasm of the arteries is successfully removed.

Based on the new theory of atherosclerosis, the author has developed a methodology (and is ready to share it) for experimental confirmation of the origin and development of atherosclerosis in some animal species (pigeons, chickens, rabbits, etc.) The old method of feeding rabbits with fatty foods does not stand up to any criticism.