

Benefits of carotid endarterectomy surgery for patients at high risk of stroke.

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Introduction

Carotid endarterectomy surgery can also improve the quality of life for patients at high risk of stroke. Strokes can cause a range of physical and cognitive disabilities, depending on the location and severity of the damage to the brain. Even a minor stroke can cause long-term impairment and decreased quality of life. By reducing the risk of stroke, CEA can help patients avoid these disabilities and maintain their independence and quality of life [1].

Furthermore, studies have shown that carotid endarterectomy surgery can improve cognitive function in patients with carotid stenosis. A study found that patients who underwent CEA had better cognitive function one year after surgery compared to patients who received medical therapy alone. In contrast, carotid endarterectomy surgery is a one-time procedure that can prevent strokes and their associated healthcare costs [2].

Reduces the risk of stroke

The primary benefit of carotid endarterectomy surgery is that it reduces the risk of stroke. By removing the build-up of plaque from the carotid arteries, the surgery restores normal blood flow to the brain, reducing the risk of a stroke caused by a blockage in the carotid arteries [3].

Prevents recurrent strokes

For patients who have already experienced a stroke or TIA, carotid endarterectomy surgery can help prevent recurrent strokes. By removing the plaque build-up from the carotid arteries, the surgery reduces the risk of a future stroke caused by a blockage in the carotid arteries [4].

Improves quality of life

Stroke can have significant physical and cognitive impacts, affecting a person's ability to perform daily activities, work, and engage in social and recreational activities. By reducing the risk of stroke, carotid endarterectomy surgery can improve a patient's quality of life and overall well-being [5].

Low risk of complications

Carotid endarterectomy surgery is a relatively safe procedure, with a low risk of complications. Serious complications, such as stroke or death, occur in less than 2% of cases, according to the American Heart Association.

Conclusion

Carotid endarterectomy surgery is a safe and effective procedure that can reduce the risk of stroke and improve quality of life for patients at high risk of stroke. By removing plaque build-up from the carotid arteries, the surgery restores normal blood flow to the brain, reducing the risk of a stroke caused by a blockage in the carotid arteries. Patients should discuss the benefits and risks of carotid endarterectomy surgery with their healthcare provider to determine if the procedure is right for them.

References

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