



Med Center Health®

[VIDEO TRANSCRIPT]

90 Seconds to Better Health – Carotid Artery Disease

[MUSIC] [NARRATOR]

90 Seconds to Better Health, brought to you by Med Center Health, the largest healthcare provider in the region.

Carotid Artery Disease can be life-threatening. Dr. Magendran Danapal explains that it is a narrowing or blocking of the carotid artery located in the neck and is caused by plaque buildup in the artery.

[DR. DANAPAL]

The blockage, itself, is not a problem – but the blockage can sometimes break off and then move to your brain, causing a stroke or mini-stroke.

[NARRATOR]

Many people are not aware they have carotid artery disease, but it can be easily diagnosed.

[DR. DANAPAL]

Carotid Artery Disease can be picked up very easily on an ultrasound test. If you are a smoker and you are above the age of 65, and you have other conditions that can predispose you to having generalized cardiovascular disease, then you are at risk of carotid artery disease as well.

[NARRATOR]

Dr. Danapal explains the best prevention.

[DR. DANAPAL]

To reduce the risk of you have carotid artery disease, do not smoke – or, if you smoke, please stop smoking. Live a healthy lifestyle, which means you should exercise regularly and also watch what you eat. If you have the disease, then you have to be on at least an aspirin, a cholesterol-lowering medication, and to have you stop smoking.

[NARRATOR]

Dr. Danapal says if you have been diagnosed with carotid artery disease, it is important to see a vascular surgeon as soon as possible.

[MUSIC] [NARRATOR]

For more information, visit MedCenterHealth.org.

[MUSIC]