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The contribution of the open arteriovenous anastomoses in the development of metabolic syndrome

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Aim: An attempt to study causes and the mechanism of metabolic syndrome (MS).

Methods: Information search in the literature, participate in conferences, discussions with Russian leading cardiologists.

Results: Metabolic syndrome (MS) - is a complex disorder characterized by abdominal obesity (excess fat accumulation in the abdomen around the internal organs, in the mesentery), decreased sensitivity to insulin (a hormone of the pancreas, lowers blood sugar) and increasing its level in the blood, resistant hypertension, coronary heart disease, in violation of all kinds of metabolism. In this disease there is an increase in total blood cholesterol (fat-like substances, cell building material), including bad cholesterol, which contributes to the formation of cholesterol plaques, triglyceride (fat, which is the energy source for the cells) leads to an increase in uric acid levels - the decay product of purine substances contained in the nuclei of cells. An important feature of the disease is that with timely and adequate treatment of it may disappear completely. When metabolic syndrome begins a metabolic disorder occurs oxidation inhibition in the liver and other organs, deficiency of enzymes in carbohydrate metabolism occurs. Factors accelerating MS are excess food, alcohol abuse, obesity, overweight, age, and physical inactivity. To avoid or delay the onset of MS is possible with the help of lifestyle changes, food in small portions, the consumption of fresh fruits and vegetables, special physical and breathing exercises. The most useful exercises in the horizontal position of the body: swimming, some exercises of yoga, qigong, Japanese Nishi, simple exercises while lying on your back, thus it is necessary to shake, flexion and extension of limbs, raised up above the level of the heart, spine load. Squats, strengthening the abdominal muscles are not effective for burning internal fat tissue. The exercises important - is the removal of stagnant venous blood from the gravitational trap and its involvement in the systemic circulation. According to the new theory of CVD many diseases occur due to stress, because of the great physical or psychological stress. At such times large arteriovenous anastomoses (AVA) open. This resets the arterial blood in the large veins. If you do not close the AVA in time, the pressure increases in the majority of the veins, increases the volume of venous blood. Excessive venous pressure due to gravitational forces eventually spreads down: in the pelvic area and lower extremities. Because of this capillary blood circulation is blocked periodically. Blood stagnation leads to many diseases, such as varices, thrombosis, cancer, to metabolic syndrome, endometriosis in women and prostatitis in males.

Conclusions: It is necessary to correct the glaring errors in cardiology. It's time to wreck the old theoretical cardiology.

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