

# Signs and treatment of cerebral atherosclerosis

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Vascular disease, known as cerebral atherosclerosis is one of the types of atherosclerosis of the brain. This ailment is characterized by a decrease in the capacity of large arteries due to the formation of cholesterol sediments in them. Such a disease is extremely unsafe and in the launched state can lead to the complete blockage of the vessels, as a result of which a person will receive a stroke with a probable fatal outcome. According to statistics, every tenth people on the planet risks prematurely die due to such pathology of brain vessels.

What is cerebral atherosclerosis

With cerebral atherosclerosis, there is always a chronic shortage of cerebral circulation. A special feature that distinguishes this disease from standard atherosclerosis is that in this case a parable applies to the following large arteries carrying blood:

Inner sleepy.

Total sleepy.

Front brain.

Rear brain.

Artery of the Brakhicephonian trunk.

The middle diameter highways that pass along the top of the brain shells.

On the inner walls of the vessels, minor damage is first formed, which are partially blocked by cholesterol sediments. Thanks to a set of negative factors, they continue to grow, combine each other.

If it is urgently not to take for treatment, such adverse neoplasms, merging together, narrow the vessel more and more, which leads to a lack of blood flow and the emergence of stenosis.

Experts say that such a blockage even 70% (last stage) is already carrying a direct mortal danger. In addition to the shortage of blood circulation, there is a risk that some part of the cholesterol spoil will break up and borders an even more small vessel, which will lead to brain ischemia and necrosis. Sometimes such a closed vessel is deformed and bursts under pressure, which causes blood hemorrhage into the brain. Causes of Cerebral Atherosclerosis

There are a number of prerequisites for the development of this disease. The main factors of the occurrence of terrible diagnosis should be attributed:

Bad habits. Smoking, alcoholism, use of medical drugs with side effects, which lead to the border of the vessels. There are cases when the disease was caused by chemical poisoning.

For more popular reasons, peculiar to ordinary people belongs to avitaminosis, deficiency of minerals, increased pressure, violation of metabolism and diabetes mellitus.

Incorrect meals Excessive use of products and excess harmful fats. It may mean that you should reconsider your familiar diet.

Liver diseases, thanks to which there is an increased selection of cholesterol, as well as deviations of lipid metabolism.

Heart and vascular diseases associated with reduced physical activity (sedentary lifestyle and lack of loads for a long time). How to treat the disease

There are several basic ways to treat and reduce the manifestations of cerebral atherosclerosis:

The elimination of stressful situations is a systematic negative background (noise), physical overwork, psychological factors. Reduced stress will also help the course of the Vikimium "Detoxification of the Brain".

Full sleep. In case, at night, the patient sleeps poorly, you can add a few hours of sleep during the daytime.

Regular, but at the same time relatively easy sports. Do not leave the patient exclusively alone, it is also necessary to move, as well as relax. It may be walking in the fresh air, swimming and leaps.

Exclude all bad habits.

Proper nutrition.