

October 25, 2021

Webinar

Journal of Cardiovascular Diseases & Diagnosis

ISSN: 2329-9517

A new mechanism for the development of atherosclerosis

Ermoshkin Vladimir Ivanovich

Russian New University, Russia

In 2020, a group of Russian researchers (physicists) offered a new mechanism of atherosclerosis in humans. In fact, for the first time, it was possible to find the missing link, which previously could not be detected by researchers of atherosclerosis. At the same time, the missing link made it possible to combine many old "theories" of atherosclerosis into one, new one. The old "theories" could not explain in any way what is the "trigger" of the onset of the disease, why endothelial dysfunction occurs, why all the inhabitants of the Earth are susceptible to the disease, why the disease progresses throughout life. It turns out that this disease is not multifactorial, as scientists tried to explain to us. There is a physical reason: when blood pressure increases (during stress), arterial blood leaks through the anastomoses into the veins. A reduced volume of arterial blood leads to a decrease in the volume of the arterial bed. Of course, after a few hours, due to the additional work of the small

circle of blood circulation (CBC), the volume of arterial blood is restored. Such phenomena occur periodically, for some more often, for some less often: the arteries are subjected to spasm. Arteries with elastic walls try to keep the diameters of the lumen, but with frequent, prolonged spasms, the arteries begin to adapt to their reduced diameter, strengthen, harden. This is how atherosclerosis occurs, and it increases over the years. Prevention is as follows: it is necessary to replenish the nominal volume of arterial blood through the CBC, through the lungs. Methods: breathing practices and physical exercises, blood transfusions from veins to arteries. Additionally for the lungs: singing, music, dancing, laughter. The statistics of morbidity and life expectancy confirm this! Now we can say: "Hello, a new era in cardiology, when the cause of atherosclerosis became known!"