1

00:00:00,000 --> 00:00:04,040

*What happens after vascular surgery?*

2

00:00:04,960 --> 00:00:09,260

*After vascular surgery, it is very important that the patient's treatment has not finished,*

3

00:00:09,360 --> 00:00:15,420

*because the reasons for stenosis or occlusion of the blockage in the arteries not cease with the operation.*

4

00:00:15,520 --> 00:00:20,690

*Whilst after an appendectomy the patient is cured and there is virtually*

5

00:00:20,790 --> 00:00:22,700

*no fear of a recurrence of appendicitis,*

6

00:00:22,800 --> 00:00:27,420

*as the appendix has been removed, it is considered to be cured. Unfortunately*

7

00:00:27,520 --> 00:00:31,500

*arterial stenosis and atherosclerosis are not like that. The factors -*

8

00:00:31,600 --> 00:00:36,060

*that led to the development of a severe vascular blockage that warranted*

9

00:00:36,160 --> 00:00:42,220

*surgery - will remain, therefore regular medical monitoring is still needed after the wound has*

10

00:00:42,320 --> 00:00:47,420

*healed, and the lifestyle changes that have been*

11

00:00:47,520 --> 00:00:51,660

*agreed should not be reversed.*

12

00:00:51,760 --> 00:00:55,420

*So, for example, the most important thing is that smoking,*

13

00:00:55,520 --> 00:00:58,620

*for vascular patients, is forbidden once and for all. If you*

14

00:00:58,720 --> 00:01:01,420

*continue or start smoking again, you can expect to have another*

15

00:01:01,520 --> 00:01:06,600

*blockage of your arteries, and another operation.*

16

00:01:07,680 --> 00:01:13,580

*Regular exercise, a low-fat diet, the so-called*

17

00:01:13,680 --> 00:01:18,300

*Mediterranean diet, is important,*

18

00:01:18,400 --> 00:01:20,860

*and medication is also necessary.*

19

00:01:20,960 --> 00:01:24,780

*Medication is most often, as far as we know today,*

20

00:01:24,880 --> 00:01:29,260

*mild blood thinner or platelet aggregation inhibitor agent,*

21

00:01:29,360 --> 00:01:31,660

*such as aspirin, which is the most*

22

00:01:31,760 --> 00:01:38,700

*commonly used, or drugs that affect the body's lipid*

23

00:01:38,800 --> 00:01:44,120

*metabolism, such as statins.*

24

00:01:44,240 --> 00:01:48,620

*Of course, there are many other drugs, but these are probably the two basic*

25

00:01:48,720 --> 00:01:53,740

*drugs that we definitely recommend to patients today, if they can tolerate them.*

26

00:01:53,840 --> 00:01:58,540

*It is very important to understand that these statins which are*

27

00:01:58,640 --> 00:02:03,660

*cholesterol-lowering agents, they not only affect cholesterol levels,*

28

00:02:03,760 --> 00:02:07,660

*but also stabilise the vascular wall and can reduce the*

29

00:02:07,760 --> 00:02:11,100

*occurrence and chance of repeated vascular stenotic and*

30

00:02:11,200 --> 00:02:14,860

*occlusive events. So this means that*

31

00:02:14,960 --> 00:02:19,820

*you should not stop taking them, under medical supervision of course.*

32

00:02:19,920 --> 00:02:25,900

*Patients often ask if there will be any side effects.*

33

00:02:26,000 --> 00:02:29,420

*And of course patients hear a lot of things from each other, from doctors,*

34

00:02:29,520 --> 00:02:34,460

*they read in the papers or on the internet that side effects occur.*

35

00:02:34,560 --> 00:02:37,420

*Of course, side effects can occur and then these medication should*

36

00:02:37,520 --> 00:02:42,220

*not be used. These are rare though, the medications are safe.*

37

00:02:42,320 --> 00:02:45,820

*The current state of the science is that their use is strongly recommended*

38

00:02:45,920 --> 00:02:50,760

*in situations when someone has already needed vascular surgery.*

39

00:02:51,280 --> 00:02:58,860

*Once the wound has healed, patients can live a full life, which means*

40

00:02:58,960 --> 00:03:03,660

*they can most often return to normal activity.*

41

00:03:03,760 --> 00:03:06,300

*If the disease is very advanced, i.e. there are ischemic wounds*

42

00:03:06,400 --> 00:03:10,300

*on the leg or there was gangrene, then unfortunately*

43

00:03:10,400 --> 00:03:15,100

*the dead parts may have to be removed, and even after a*

44

00:03:15,200 --> 00:03:19,420

*successful operation, it may be necessary to perform a minor*

45

00:03:19,520 --> 00:03:24,300

*or major amputation. This is absolutely essential,*

46

00:03:24,400 --> 00:03:28,540

*so regular surgical check-ups are important even*

47

00:03:28,640 --> 00:03:32,380

*after surgery, and the battle is truly won when the dead tissue*

48

00:03:32,480 --> 00:03:37,340

*has been removed and the wound has healed.*

49

00:03:37,440 --> 00:03:41,340

I did mention battle intentionally. *The fight against*

50

00:03:41,440 --> 00:03:44,540

*atherosclerosis is really a war with*

51

00:03:44,640 --> 00:03:47,420

*several battles, so to speak.*

52

00:03:47,520 --> 00:03:51,980

*So repeated surgeries, repeated catheterisations may be*

53

00:03:52,080 --> 00:03:55,660

*necessary and regular check-ups are always recommended.*

54

00:03:55,760 --> 00:04:01,580

*This can be done by a general practitioner, or more often by an*

55

00:04:01,680 --> 00:04:05,980

*internist, angiologist or vascular surgeon, but regular check-ups and*

56

00:04:06,080 --> 00:04:10,160

*attention to lifestyle, as I mentioned earlier, are very important.*