

## Non surgical treatment to remove blocks from the heart done at Oxymed hospitals Chennai

*UNDERSTANDING Enhanced External Counter pulsation (EECP) Treating Patient with Coronary artery blockage has revolutionized from simple drug treatment to complex angioplasty, stenting procedure and major surgical procedures like Coronary artery Bypass surgery. All these treatments have improved patients quality of life to a great extent.*

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The search for a treatment purely non-invasive but have the benefit of both drug treatment and surgical procedure but safe even in high risk patients leads to EECP (Enhanced External Counterpulsation.) The world first truly non-invasive treatment approved by USA FDA for the treatment for Chest pain and heart with poor pumping action. EECP is a micro-processor control system. During the procedure, the patients lie down on a padded table in the treatment room. Three sets of rubber cuffs about 4 inches wide, are tied around three points of the body - the calves, thighs and the hips. These connect to air hoses, which in turn are connected to valves.

When the heart contracts it supplies blood to all the organs when it relaxes it gets its own blood supply from the coronary artery. So when the heart contracts the cuffs are deflated and when it relaxes the cuffs are inflated with a predetermined amount of pressure, which pushes the blood from the lower extremities, in a timed, sequential manner, toward the heart. Normally a patient has to undergo the procedure several times, usually through 35 one hour outpatient sessions, six times a week, for six weeks eventually the minute blood vessels or the dormant collaterals, open up and that portion of the heart which has been starved of blood because of a blocked artery or arteries, starts receiving blood all over again. • EECP when compared with interventional procedure is very unique because its mode of action is on the smaller vessels in the heart, which are too small for bypass surgery or angioplasty.

The treatment works in different areas of the blood circulation where Bypass surgery and Angioplasty cannot access. This suits well for Indian patients who traditionally have diabetes, smaller and diffusely diseased vessels difficult to bypass or angioplasty. The treatment including heart also improves the blood flow to all major organs in the body which greatly improves the patient's overall ability to participate in all activities without getting tired. When I discuss with my patients regarding EECP most of them are quite excited to know that a new treatment other than Angioplasty, stents or bypass is now available which can reduce or end their chest pain. **Dr. Ayaz Akbar MD AM (Italy) DAC, MACCGC.O.T (Canada)** Consultant - Preventive Cardiologist, Chelation & Bio Oxidative Therapies.

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