# Modern Treatments or Natural Therapy - Which is Better to Cure Heart Diseases?

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Article published on December 23rd 2011 | Disease

Changing lifestyles and food habits are increasing the chance of blockages in the arteries. Hypertension, eating a high fat food, smoking, diabetes, and cardiovascular disease is considered as the main causes of artery blockages. A person feels pain or discomfort when his heart will not receive the blood supply it needs to work properly. He will also experience restlessness, breathlessness, fatigue and nausea. This can be because of hardening and narrowing of coronary arteries. To lessen symptoms such as pain and to improve a person's quality of life doctors suggest treatments like angioplasty. This treatment helps to widen the coronary arteries of the heart that have been narrowed or blocked by plaque buildup or a blood clot.

Today cardiologists suggest angioplasty to patients for removing plaques from coronary arteries, emergency relief from a heart attack that is in progress, and in widening narrowed arteries in the limbs, such as the femoral or iliac artery of the leg. This procedure also helps in alleviating chest pain that developed by contraction of coronary arteries. Cardiologists select different types of angioplasty technique for different ailments based on information like where the narrowing is, how it is shaped, and whether it is made of hard or soft plaque.

By performing this keyhole surgery, damaged or diseased blood vessels are repaired using a catheter and a balloon and this will open up blocked arteries in the heart. Different types of angioplasty techniques practiced today are balloon angioplasty, laser angioplasty, atherectomy angioplasty and coronary stenting.

In balloon angioplasty a thin tube, or catheter, is passed into an artery by making a cut in the upper leg or the arm. A balloon on the tip of the catheter will be inflated and this will push the plaque on the wall of the artery, thus widening the artery. In some cases, cardiologists place a small and expandable metal device called a stent in the artery after the angioplasty procedure is complete. Stents will keep the artery from closing again, thereby allowing a free flow of blood to the heart muscles. Laser angioplasty is similar to balloon angioplasty, but the only difference is instead of balloon this technique will use a laser at the tip of the catheter. The laser passes through blockages and it will destroy the plaque, build-up cholesterol and other fatty substances by vaporizing it into gaseous particles.

The atherectomy technique is used when the blocks are too hard or inaccessible for balloon angioplasty.  In this type of treatment special instruments are used to cut away the plaque. This type of procedure is more effective in people who got plaque buildups in the carotid arteries, which can increase the chance of stroke. Some of the most common complications related to angioplasty are discomfort and bleeding at the puncture site where the catheter was inserted. The treatment restores blood flow and relieves symptoms in over 90% of the patients, however the concern related to this treatment is the risk of recurring symptoms within six months.

Proper care after the treatment plays an important role in preventing the disease from visiting again. A judicial combination of yoga and diet control can help a patient to keep this disease away. Health shows on television can give information related to medications or natural therapy that can lessen or completely cure heart diseases. I am interested in watching shows related to food and health in my LED hi-def television, powered by Dish TV.

Today diets of most Americans are loaded with fats and high carbohydrates, and this promotes obesity and leads to heart disease, diabetes and cancer. To keep diseases at a bay, please try to

include plenty of fruits, vegetables and other fibrous food in your daily diet. We should also control the growth of free radicals, which affect the arteries and speed up the aging process, by taking lots of vitamin through our food. Moreover, a healthy heart will work only in a well-built body, so we should try to keep it in a good condition.

Article Source:
http://www.articleside.com/disease-articles/modern-treatments-or-natural-therapy-which-is-better-to-cure-heart-diseases.htm - Article Side

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Liss is a freelancer and likes to write about diseases and its cure in a natural way. She collects information related to various heart diseases and its treatments from various sources like books, short films and documentaries. She also watches shows related to this in her television connected to a Dish TV.

Article Keywords:
satellie tv, heart problems, angioplasty

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