

Guillermou

As Dr. Mercola reports, 80% of all spontaneous acute coronary artery dissections (SCAD) occur in women. 20% have occurred in the postpartum period. A registry of the Mayo Clinic established that most of the events occurred during the first month after delivery, women were more often multiparous, history of infertility therapies, and preeclampsia, related by high blood pressure and protein in the urine after of the 20th week of pregnancy, preluded by gestational hypertension. (2017) Spontaneous Coronary Artery Dissection Associated With Pregnancy. www.sciencedirect.com/.../S0735109717375988 .

The pathogenesis of SCAD is related to pregnancy by hemodynamic changes (increase in cardiac output by 50% during the third trimester and 80% during labor) and, to a greater degree, changes in the connective tissue of the wall vascular are the two most probable basic pathophysiological mechanisms. The changes that make the arterial wall more vulnerable to dissection are the breakdown of collagen - elastin and reduction of proteoglycans, increased expression of metalloproteinases and hyperplasia - hypertrophy of smooth muscle fibers. These changes are partly attributable to the increase in estrogen and relaxin levels observed in pregnancy. jasn.asnjournals.org/.../241.full .
[.pdfs.semanticscholar.org/24ec/0aaecfaefb9cbf397b580607ef3486bfdc2e.pdf](https://pdfs.semanticscholar.org/24ec/0aaecfaefb9cbf397b580607ef3486bfdc2e.pdf) .

As Dr. Mercola reports, a "conservative" therapeutic strategy provides an excellent long-term prognosis www.ncbi.nlm.nih.gov/.../23078737

SCAD patients, emotional stressors were reported in 48.3% and physical stress in 28.1%. Fibromuscular dysplasia was present in 62.7%, connective tissue disorder in 4.9%, and systemic inflammatory disease in 11.9% www.ncbi.nlm.nih.gov/.../PMC4329168 . As Dr. Mercola reports, lifestyle, represented by diet, exercise, sleep, and stress reduction practices, is essential to prevent cardiovascular proble

stanleybecker

love your life and love everything about your life - love your pets/ children/ significant other/ your friends/ the natural world - the Fact that you exist - take every opportunity to love - love is a Great Healer - and will counteract stress PS - today is Episode 7 of the free showing of "Regain Your Brain" with a regular guest on Mercola, Dr Mary Newport - she discusses in great detail and simple demonstrations how coconut oil helps the aging brain and also aids Alzheimer's/ Parkinson's/ Lou Gehrig/ MS - everyone should view this episode - this is a MUST VIEW!! - regainyourbrain.awakeningfromalzheimers.com/ryb-episode-7

Posted On 03/08/2018

ellie phillips

Pregnancy is a difficult time for mouth health because saliva becomes acidic for nine months and acidity is also generated by vomiting and acid reflux. This means a mother's teeth can easily become demineralized during pregnancy and her mouth will be more prone to infection and plaque. This will increase her risk that periodontal pathogens and they often gain a foothold in the gums during pregnancy. The risk of pushing harmful bacteria INTO our gums and INTO our blood BY flossing is not understood. This habit can increase someone's risk FOR a stroke or heart attack. New mothers are a group who urgently need better messaging and more effective oral health strategies. It's high time to STOP suggesting everyone "brush and floss" = the only people who should floss are those with a healthy mouth.

Posted On 03/08/2018

badboy2

Avoiding acid reflux and IBS, is to avoid wheat gluten and other grains. Possibly you are gluten intolerant. I know I am. To help with IBS and acid reflux; is a half teaspoon of both vitamin c powder and baking soda in a small cup of warm water. A couple of burps and you will be good as new. Sugary Desserts can add to the fermentation in the gut and acid reflux. Continuous acid reflux can lead to esophageal cancer, so be very careful here with your diet. This happened to my aunt, so it's not fun. She ended up wearing a scarf all the time to cover up the scar from the operation.

On another note; Zinc will help with an easier delivery, (easy for a male to say, :) and will also help prevent stretch marks.

As far as mouth and body pathogens, oil of oregano in liquid and pill forms will help. A few drops under the tongue, and hold as long as you can, before it gets too hot; then rinse and swallow. Under your tongue will kill the bugs in the blood and the rest will kill the bad bugs in your gut. It will also help with digestion. Maybe a few drops in a bottle of water, sipping during the day will kill all bad bugs. Great if you feel a cold or flu coming on.

Posted On 03/09/2018

sage55

After 2 consecutive days of working in my greenhouse, not drinking enough water, attending a party where a delicious punch was offered, drinking too much coffee the next morning left me feeling rather frightened after about 2 hours into my morning chores. Light headedness and racing heart, that I couldn't breathe my way out of.

It's all about not letting yourself become dehydrated! For all the exercise, nutritious diet, vitaminD3, sleep, if you let yourself become dehydrated, it will unleash an avalanche of problems. Pay attention to your thirst, before you start to feel you're going to have the big one.

I've almost eliminated coffee since then.

Posted On 03/09/2018

pat2422

I believe a lot of deaths and being confined to a nursing home is the cause of pretend doctors. It took me 5 years, several heart attacks, including 2 broken arms to finally find a doctor that would order my carotid arteries checked. Lo and behold, 98% closed!! between a heart attack and a stroke. Doctors are not in the business to save, but to write scripts.

Posted On 03/08/2018

adiawyhm

Actor John Ritter (of TV show "Three's Company") died of SCAD in 2003. They misdiagnosed and treated him for ordinary heart attack and he continued to get worse. Then he died during surgery to repair the dissection.

Posted On 03/08/2018

dpm39560

HOORAY! TRUTH IN MEDICINE! How often have we asked health professionals - specifically doctors - a question, and if they didn't know the answer, they would change the subject or smother you with incomprehensible jargon? Far too many. This is why I found it so refreshing in the above article when Dr. M said, "Because the underlying cause of SCAD is still unknown, the best course of treatment has been equally uncertain." Finally. We have found a doctor who isn't afraid to admit when he doesn't know something.

There is so much that is not yet known, and there is so much TO know, it is impossible for a person to know everything, even when they are in a discipline where they are expected to be the expert. I find it frightening that the number one symptom of a heart attack is sudden death. This makes me more determined than ever to reduce all my own risk factors. So far, so good.

Posted On 03/08/2018

Julia Vassilevskaia

The fact that women experiencing this at the same age as menopause should not be ignored. It is when women become low in sex hormones that heart attack gets triggered.

Posted On 03/08/2018

badboy2

Niacin is needed here to avoid the after stroke side effects of paralysis and speech impediment. Niacin needs to be in the blood before the stroke to work effectively.

Posted On 03/09/2018

jayvir

Pharmacovigilance Market By Drug Development (Preclinical Studies, Phase I, Phase II, Phase III, Phase IV Or Post Marketing Surveillance), By Reporting Methods (Spontaneous Reporting, Intensified Adr Reporting, Targeted Spontaneous Reporting, Cohort Event Monitoring, Ehr Mining), By Services (In-house, Contract Outsourcing) - Growth, Share, Opportunities & Competitive Analysis, 2016 - 2022

Exaggerating regulatory compliance, efficient maintenance of product lifecycle and the growing need of prompt patient reporting has boosted the need for pharmacovigilance. Pharmaceutical companies are increasingly entering into long-term arrangements with CROs and BPOs for performing pharmacovigilance activities initiating from drug discovery phase to post-market surveillance.

Fore More- www.credenceresearch.com/.../pharmacovigilance-market

Posted On 03/09/2018

Hi Dr M

One of the biggest problems with identifying if you are about to have, or are having a heart attack now days, is that many of us, me included, only ever get heart pain in the presence of low intensity radiation frequency electromagnetic radiation (RF EMR) that is emitted from equipment such as mobile phones, Wi-Fi, Smart Meters, etc. We do not have any previous heart problems and removal from this exposure ends the heart pain and other horrid symptoms these emissions cause. Unlike the handful of good doctors such as yourself, not many doctors will listen to this fact and many victims who are experiencing the damage this deadly paraphernalia causes, are still clueless to the link. Obviously due to fraudulent industry funded research and corporations and governments denying adverse health impacts and active campaigns to obfuscate the truth until it is too late. Everybody who looks properly at the pudding will find the proof. Shut all Wi-Fi down, including mobiles, etc. and the heart pain will disappear, unless you are the exception, or have a Smart Meters, etc. anchored to your family home and have no control over this. You will also notice in the absence of these health destroyers, that, the insomnia and headaches, etc.. most say their families are plagued by these days, will stop. What an evil greedy world it has become.

Posted On 03/08/2018
