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Parker B. Martin
University of North Dakota

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Carotid Endarterectomy versus Carotid Stenting in the treatment of Carotid Artery Stenosis

Parker B. Martin PA-S CCT-P, NR-P

Abstract

- Carotid artery stenosis secondary to atherosclerotic plaque is a leading cause of CVA in the United States
- Stenosis of the common carotid artery greater than 70% typically needed
- The purpose of this study is to determine which procedure will have the best long term outcomes and prevent restenosis of the carotid artery.

Research Question

- Is carotid endarterectomy more efficient at preventing CVA versus carotid stenting?
- In patients with 70% or > stenosis, is stenting better at treating stenosis than endarterectomy?

Prevention versus Treatment

- Should a procedure be performed to prevent a CVA?
- Do we treat the stenosis after a CVA has occurred?

Literature Review

- Early identification of stenosis co-morbidities determines intervention needed.
- Surgical intervention has been found to be more beneficial to prevent and treat CVA.
- Carotid endarterectomy demonstrated successful outcomes than using stenting for treating carotid stenosis.
- Preventing neurological deficits using carotid endarterectomy was proven to be more beneficial than carotid stenting or using medication therapy alone.

Applicability to Clinical Practice

- To set symptom based criteria for identification and procedure selection.
- Identifying co-morbid conditions that would contradict endarterectomy or stenting.
- Utilizing the best evidence based practice and continually assessing outcomes.

References


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