Abstract

Background: Carotid atherosclerosis occurs by stages and begins with the thickening of the intima of the arterial wall to the formation of atherosclerotic plaque. Extracranial carotid atheroma causes approximately 30% of strokes in that territory. Objectives: To review the most relevant aspects of carotid disease associated risk factors. Development: The carotid disease is an early manifestation of subclinical atherosclerosis. Can be diagnosed from the clinical standpoint and neuroimaging studies. It has been confirmed anatomical correlation of carotid disease, the association of risk factors, and different manifestations of advanced atherosclerosis. The clinical picture of symptomatic carotid disease is variable, and the frequency of symptoms is proportional to the degree of stenosis. Therefore, it will cause more cerebrovascular disease when higher the degree of stenosis. Clinical evaluation should include: a) complete cardiovascular examination with auscultation of the neck, b) fundoscopy for signs of retinal embolization, c) neurological symptoms related to the ischemic area affected and d) the use of the scale of the National Institute of Health Stroke (NIHSS) to assess the neurological deficit and predict outcome. Conclusions: Carotid disease is related to traditional risk factors and have independent predictive value for coronary and cerebrovascular ischemic events. It is advisable to make a careful clinical examination and not underestimate the importance of early detection.

Keywords

Environmental Quality, Environmental Health, Public Health, Peru.