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Faculty of Medicine

Comparison Of
Carotid Scening versus Carotid Endarterectomy
in Treating Patients with Symptomatic and
Asymptomatic Carotid Artery Stenos

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Thesis submitted in partial fulfillment of MD in Cardiology

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English summary

Treatment options for carotid occlusive disease include medical management, carotid endarterectomy (CEA), and carotid angioplasty =includ stenting.

Carotid artery stenting (CAS) had many controversies. Trials like (SAPPHIRE) (1) and (CAVATAS)(2) considered CAS not inferior, if not equal to, CEA in short and long term outcome which increased its use, while other trials like (SPACE) tri (3), (EVA-3S) (4) and the (ICSS) trial (5) showed increased complications of CAS and considered it inferior to CEA. A matter which satisfied the surgeons is that CEA carries less stroke risk. These trials decreased the creditability of CAS as an alternative mode of therapy. A large trial (CREST) trial (6) proved non inferiority of CAS to CEA and on the other hand satisfied the surgeons that CEA carries less stroke risk.

In Egypt, several studies were conducted to verify the feasibility and the outcome of CAS versus medical treatment, but to our knowledge no study, was conducted to compare the results of CAS versus CEA.

Our study included 70 patients with carotid occlusive disease, either symptomatic (with TIA or stroke) or asymptomatic. Patient's risk factors included ischemic heart disease, Diabetes, hypertension and old age. They were divided equally into 2 groups according to treating physician's discretion. One group (35 patients) treated by CEA and the other group (35 patients) by CAS.

There were more elderly and ischemic heart disease patients in the CEA group, reflecting the tendency to refer CABG patients to vascular surgery, and more asymptomatic patients in the CAS group, reflecting the tendency for less invasive treatment in asymptomatic patients. Primary end points at one month and 6 month **follow** up were death; stroke and MI. Secondary endpoints were minor stroke and more than 50% restenosis in the targeted