

Doctors find ways to detect aneurysm

DC CORRESPONDENT
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The world's top cardiac surgeons have recommended that hospitals follow a three-point checklist for patients brought into the emergency room with chest pain.

While ruling out a heart attack by performing an ECG is the first step, getting an ultrasound scan or better yet, a 64-slice CT scan of the aorta to detect an aneurysm, should ideally be the next step, according to specialists at MIOT hospitals here. The third step would be to check for a pulmonary embolism; or a blockage in the arteries of the lungs.

An aneurysm is the ballooning of the aorta, the



Prof P.V.A Mohandas and Mallika Mohandas of MIOT hospitals along with the panel of international cardiothoracic surgeons address the press ahead of the International aortic summit to be held in the city on January 11 and 12.

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main blood vessel supplying the body with blood from the heart.

"An aortic aneurysm is

like a time bomb; it can rupture at any time and is often fatal. In the west, aneurysms are mostly seen

only in the elderly population, but in India, most of our patients are in the 30's and 40's," explains Dr V V

Bashi, director of cardiothoracic surgery at MIOT Hospitals. "While high blood pressure and diabetes are risk factors for elderly patients, younger individuals could develop aneurysms after an accident, wherein the aorta may have gotten damaged," he says.

Following the checklist and screening high risk patients for aneurysms could save thousands of lives every year—especially since there are no records of deaths due to ruptured aneurysms in India. "A ruptured aneurysm is perhaps the quickest and most mysterious form of death. When the aorta, which carries 5 litres of blood every minute, ruptures, the person can die within a few minutes.