



THE SOCIETY FOR
VASCULAR TECHNOLOGY OF
GREAT BRITAIN AND IRELAND

Suzanne Hargreaves has completed this personal reflection on **13/12/2019**

Paper: Autumn 2019 CPD Questions

Personal Reflection:

SVT Autumn 2019 CPD Questions

Both papers on this occasion related to carotid disease. One on radiation induced carotid stenosis and the other on vertebrobasilar artery calcification. Both papers were interesting to read as they provided information that I did not know a lot about.

I have been aware that people undergoing radiation therapy are at risk of developing stenosis in vessels that will have been in the target area of the radiation therapy but I had not read any papers which covered this effect. It was interesting to read about the effect radiation has on the carotid vessels and that the likelihood of developing issues was higher than I would have thought. The treatment creates a systemic inflammatory state leading to an accelerated atherosclerosis. From this stenosis develops and increased thrombus formation. The paper also stated that carotid stenting was preferable for the treatment of the condition; this surprised me as I had always thought a surgical option would be preferable but that is likely to be due to my centre preferring endarterectomy and stenting is not carried out to any great extent.

The paper on vertebrobasilar artery calcification was interesting as it highlighted those people who are at greater risk of developing issues. The risk factors looked at were comprehensive and comparisons made between male and female for each risk factor. The overall risk factor for VBAC was higher than I would have predicted at over 20% in the elderly population. When performing carotid dopplers we always look at the vertebral artery and I will try to be more aware of the age of the patient when I see or suspect issues. I plan to follow up these patients and read the reports from additional imaging so I will be able to see if the figure quoted in the paper is correct.

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