

A CAS is performed under local anaesthesia, a catheter is usually inserted into the femoral artery and by using x-ray guidance a stent can be placed where the artery is narrowed, this will re open the artery and restore blood flow, it is minimally invasive and the risks of the patient having a heart attack or stroke during the procedure are low.

Another treatment pathway considered for asymptomatic patients in the early stages of carotid artery disease is medical therapy; this is the use of drugs like aspirin or clopidogrel to thin the blood and prevent clots from forming.

Changes to lifestyle also help to decrease the risk of the patient developing or worsening blockages, factors that can greatly increase this risk are; smoking, diabetes, high cholesterol and hypertension, patients would be advised to increase the amount of exercise they do, stop smoking and eat less fatty foods.

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