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Commentary

Significance of Aneurysm in Daily Human Life

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DESCRIPTION

An aneurysm develops when a portion of the artery wall becomes weak, causing it to abnormally expand or inflate out. Aneurysms can have unidentified aetiology. Excessive blood pressure, excessive cholesterol, and tobacco usage are also risk factors.

Aneurysms can occur in any artery, however the following are the most common like,

- Aortic aneurysm arises in the primary artery that transports blood from the heart to the rest of the body.
- A cerebral aneurysm occurs in a brain artery.
- An aneurysm of the popliteal artery occurs in the artery behind the knee.
- Mesenteric artery aneurysm is a rupture of the artery that provides blood to the gut.
- Splenic artery aneurysm occurs in a splenic artery.

Understanding aneurysms

Aneurysms, also known as cerebral aneurysms, are abnormal enlargements that can form in any blood artery but are most frequently found there. Congenital or acquired weakening of the artery walls can result from conditions including hypertension, smoking, atherosclerosis, or genetic susceptibility. Aneurysms can occur at any age, but people over the age of 40 are more likely to develop them. One of the most frightening aspects of aneurysms is they remain inactive. A Subarachnoid Haemorrhage (SAH), which can be potentially fatal, is caused when an aneurysm ruptures and the person is ignorant that it is present. The rapid rupture allows blood to enter the area surrounding the brain, causing a series of neurological symptoms such as severe headaches, nausea, vomiting, and loss of consciousness. The SAH is a medical emergency with a high fatality rate, and those who survive are frequently disabled for the rest of their lives. Because aneurysms are quiet, early identification is critical for averting rupture. Aneurysms can be detected using diagnostic technologies such as Computed Tomography (CT) scans, Magnetic Resonance Imaging (MRI), and cerebral angiography. Routine screening for aneurysms, however, is not universally suggested due to their low occurrence and the potential hazards associated with invasive procedures. In general, screening is advised for anyone with a family history of aneurysms or risk factors including hypertension, smoking, or a prior SAH.

The available treatments vary depending on the patient's size, region, and general health, among other things. Surgical intervention and endovascular coiling are the two main methods. An metal clip is wrapped around the aneurysm's neck during surgery to stop future rupture. Endovascular coiling, on the other hand, involves placing microscopic platinum coils into the aneurysm to encourage blood clotting and stop rupture. Both procedures have advantages and disadvantages, and the therapy should be chosen on a case-by-case basis, taking into account the risks and rewards. While not all aneurysms can be avoided, leading a healthy lifestyle can dramatically reduce your chances of having one. Maintaining a balanced diet, frequent exercise, controlling hypertension, and quitting smoking are all important factors in lowering the risk of aneurysm formation. Furthermore, improved public awareness of aneurysms and associated risk factors may motivate people to seek medical attention if they develop symptoms such as severe headaches or other neurological abnormalities.

CONCLUSION

Aneurysms pose a subtle but lethal hazard to people, especially those who have certain risk factors. Because there aren't any early warning indicators, more awareness, prompt diagnoses, and proper action are required. The prognosis for patients who suffer from aneurysms have improved because to medical advances in diagnostic methods and treatment alternatives. To improve prophylactic measures and lower the frequency of ruptured aneurysms, further research and public awareness campaigns are necessary. By awareness of this threat, we can fight to save lives and improve the standard of care for aneurysm patients.

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