

CVA/TIA: Complementary/Alternative Medicine

Cerebral Vascular Insufficiency

Presence of one or more of the following symptoms: Short-term memory loss

Dizziness (vertigo) Headache

Ringing in the ears Depression Blurred vision Reduced blood flow to the brain based on ultrasound exam

QUICK REVIEW

Symptoms of cerebral vascular insufficiency are associated with a reduced blood flow and oxygen supply to the brain.

Anyone who experiences signs and symptoms of cerebral vascular insufficiency should consult a physician immediately.

The modern evaluation of blood flow to the brain involves the use of ultrasound techniques.

Carotid endarterectomy is a highly controversial surgical procedure because of the patients will either die or suffer severe neurological damage as a result of a stroke during the surgery.

Aortic glycosaminoglycan preparations have been effective in improving both cerebral (brain) and peripheral (hands and feet) vascular insufficiency.

In well-designed studies, *Ginkgo biloba* extract (GBE) has produced a statistically significant regression of the major symptoms of cerebral vascular insufficiency and impaired mental performance.

TREATMENT SUMMARY

In most cases, cerebral vascular insufficiency is a consequence of atherosclerosis. That being the case, appropriate treatment involves following the recommendations given in the chapter HEART AND CARDIOVASCULAR HEALTH. It may also be appropriate to consult the chapters on CHOLESTEROL and HIGH BLOOD PRESSURE. The therapeutic goal in the treatment of cerebral vascular insufficiency is to enhance the blood and oxygen supply to the brain. Aortic GAGs and *Ginkgo biloba* extract (alone or in combination) have shown excellent results in treating cerebral vascular insufficiency, as well as in promoting a speedier and more complete recovery from a stroke. Both aortic GAGs and GBE can be used with the blood-thinning agent Coumadin without side effect. Dosages are as follows

- Aortic GAGs: 50-100 mg per day
- *Ginkgo biloba* extract (24% ginkgo flavonglycosides): 80 mg three times per day