

There is no case for carotid  
intervention in asymptomatic patients!



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**“53% fewer strokes will occur if individuals with 60% or greater stenosis are submitted to endarterectomy”**

*Altman, The New York Times October 1 1994*





**“Whilst stroke prevention remains a critical goal, we do NOT recommend that it be accomplished by screening or by performing CEA in asymptomatic patients”**

**Canadian Stroke Consortium *Arch Neurol* 1997**





Do the facts and figures warrant a tenfold increase in the performance of CEA in asymptomatic patients?

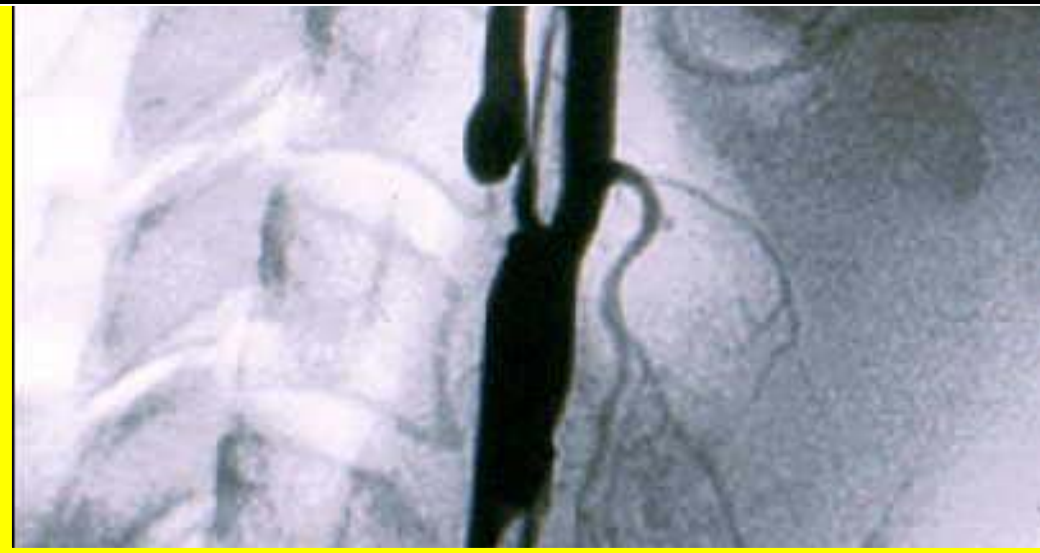
HM Barnett *Neurology* 1998;46:603





**“A Cardiologist in the Carotids”**

*Gray J Am Coll Cardiol 2004*



## *The Asymptomatic Trials*

	surgery	BMT	ARR	RRR	NNT	CVA /1000
ACST	6.4%	11.8%	5.4%	46%	19	53 at 5y
ACAS	5.1%	11.0%	5.9%	54%	17	59 at 5y

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If the operative risk was 4.0% then you would have to perform 77 CEAs to prevent ONE disabling or fatal stroke at five years.

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If the operative risk was 4.0% then you would have to perform 77 CEAs to prevent ONE disabling or fatal stroke at five years.

With an operative risk of 4.0% you would prevent only 13 fatal or disabling strokes at five years by performing 1000 CEAs

*welcome to the real world!*

	30 day death/stroke
ACAS	1.5%
ACST	2.8%

ACAS *JAMA 1995*  
ACST *Lancet 2004*

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8 published studies with Neurologist assessor	4.3% (3.5-5.2)

ACAS *JAMA 1995*

ACST *Lancet 2004*

Kresowik *J Vasc Surg 2004*

Rothwell *Stroke 2004*

the “oculostenotic reflex”

*you see a stenosis and you just have to fix it!*

“Tight budgets make for sharp pencils”

R.J. Joynt *Neurology* 1996

*If you promote and adopt an aggressive policy of carotid surgery for asymptomatic disease, what will be the overall impact in terms of stroke prevention in the community?*

100 strokes destined to occur

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haemorrhagic = 20

100 strokes destined to occur



haemorrhagic = 20

80 strokes destined to occur

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vertebrobasilar = 20

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60 strokes destined to occur

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small vessel disease = 15  
cardioembolic = 9  
haematological = 3  
miscellaneous = 3

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no severe ICA dis = 20

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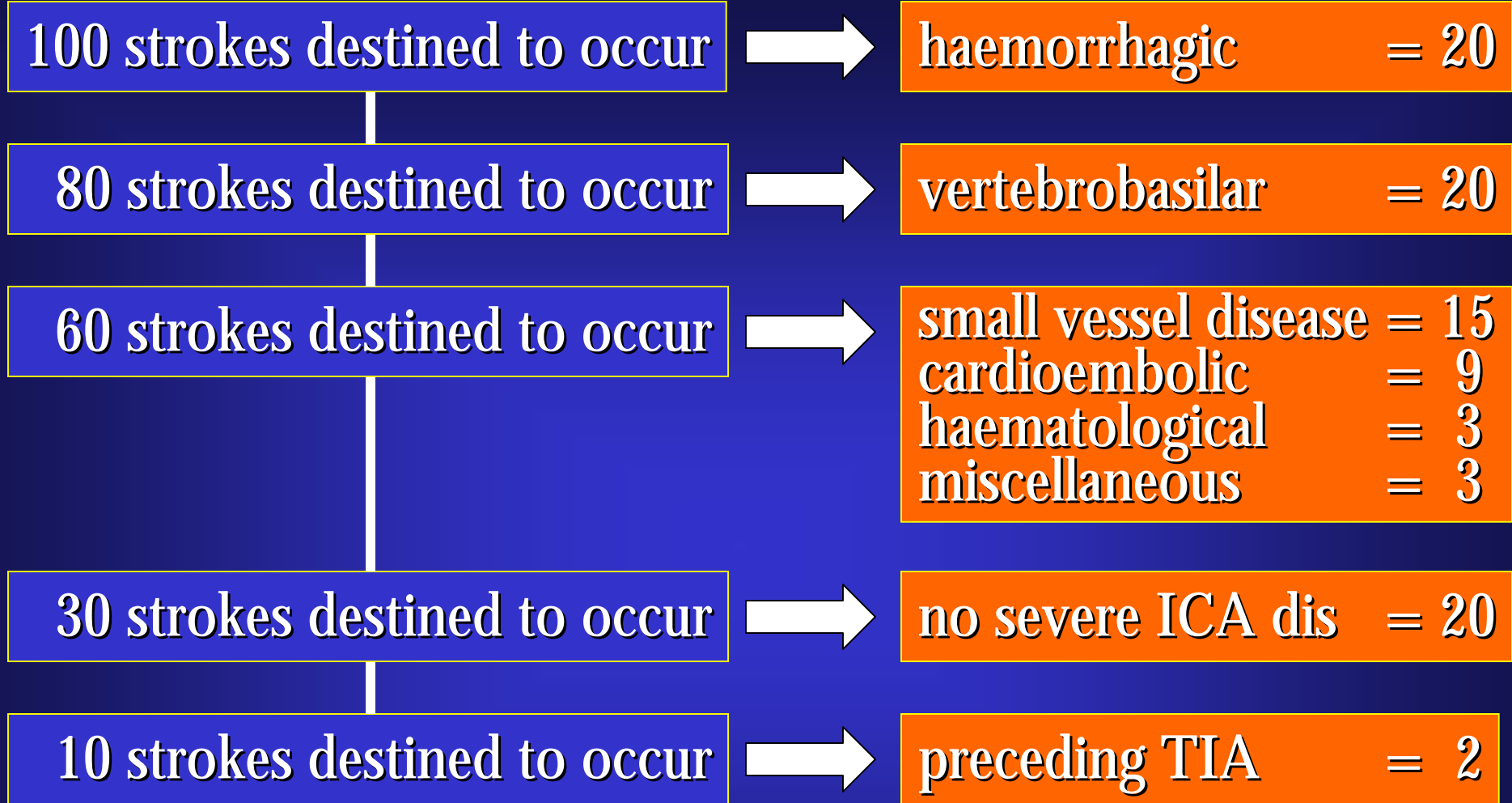
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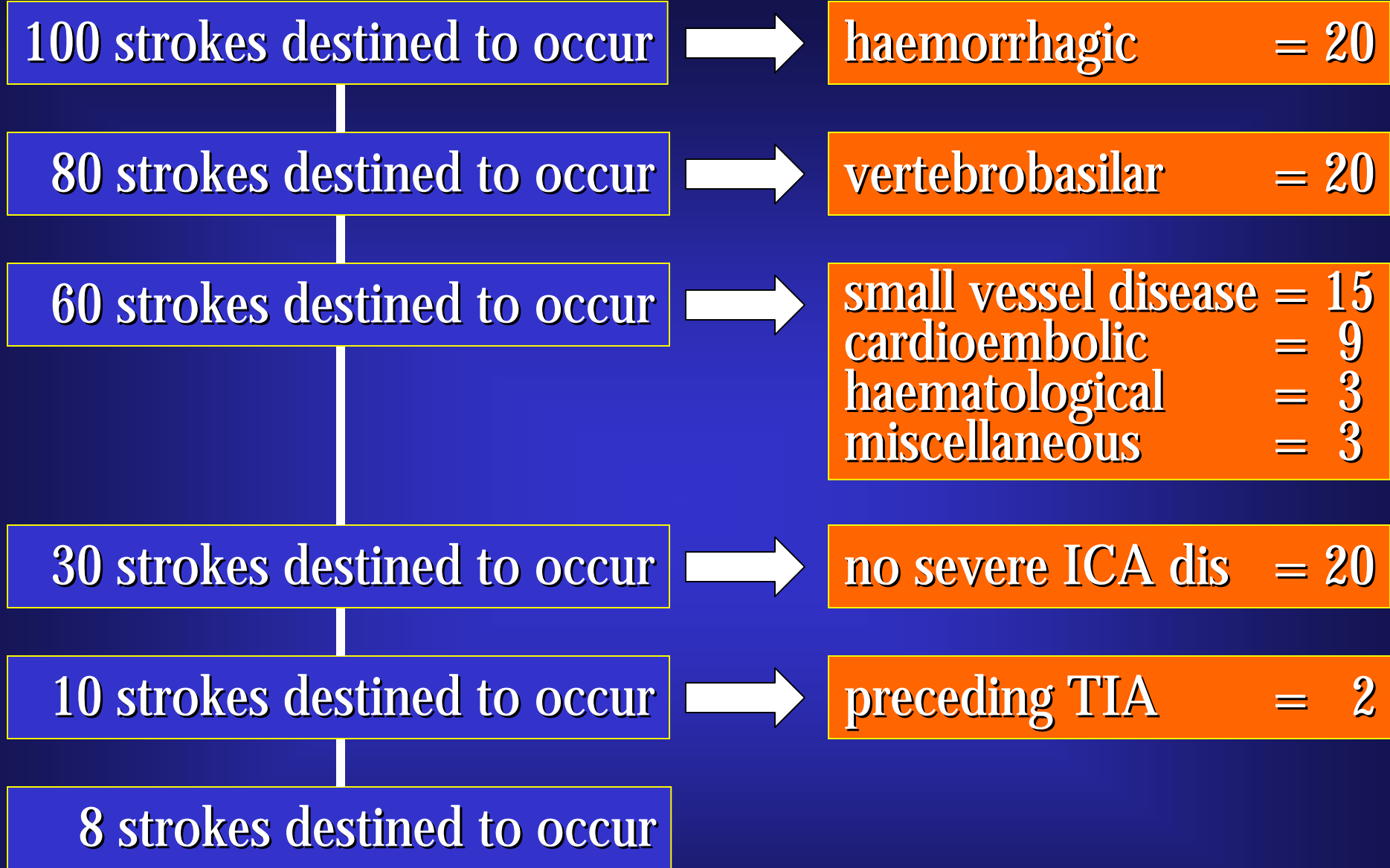
30 strokes destined to occur



no severe ICA dis = 20

10 strokes destined to occur





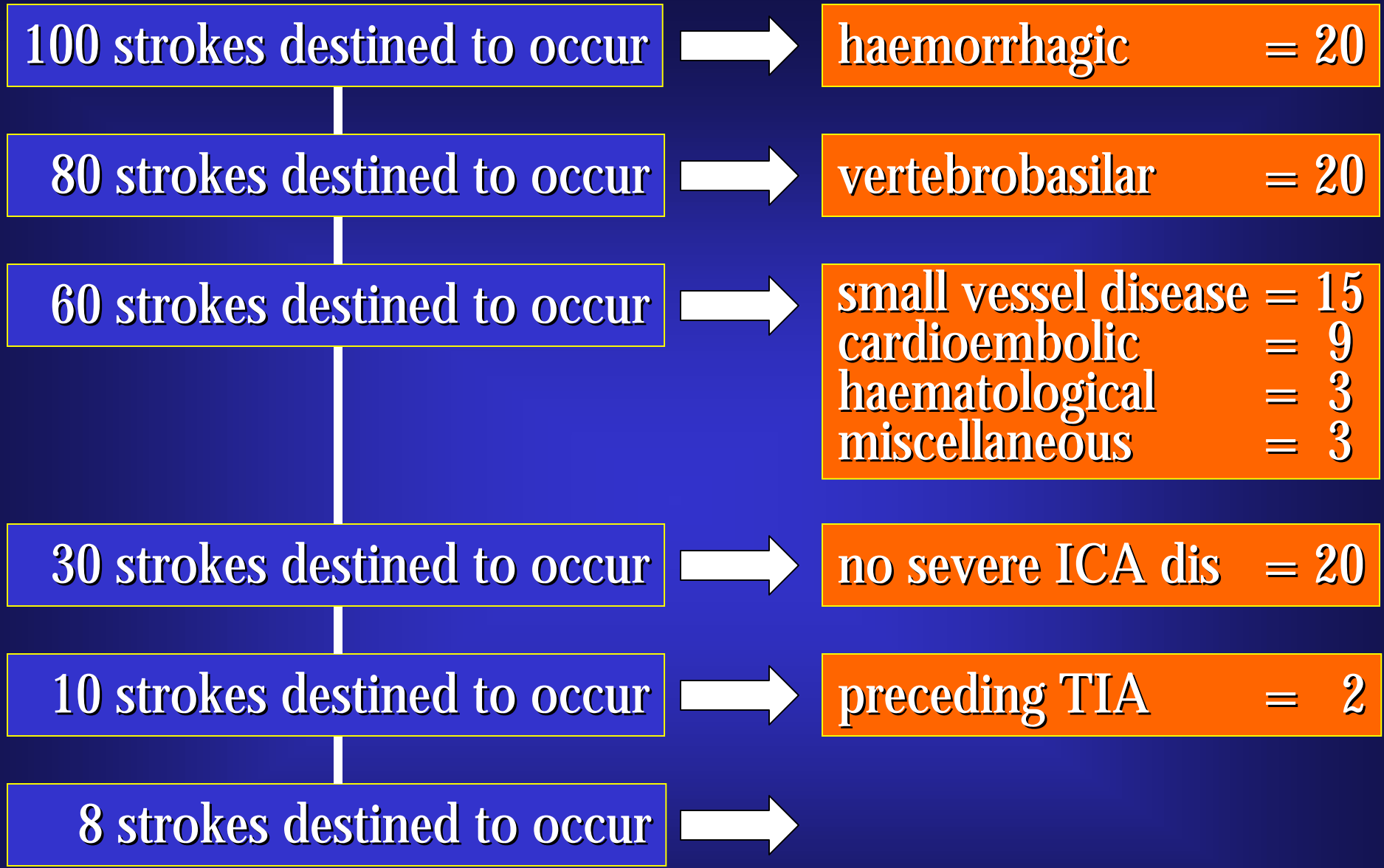
*but you have to find them all first!!!*

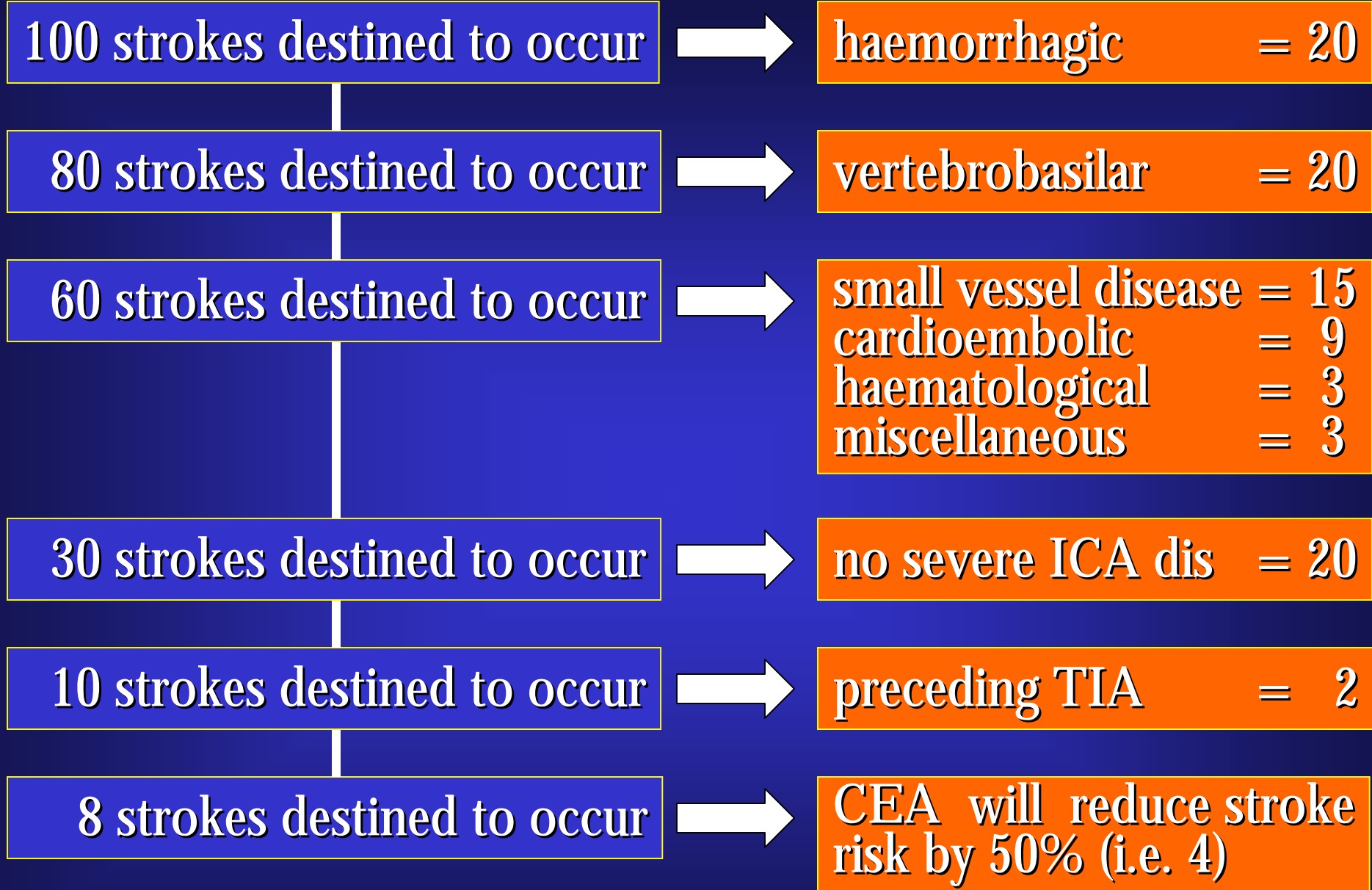
## *operate on all asymptomatic CEAs*

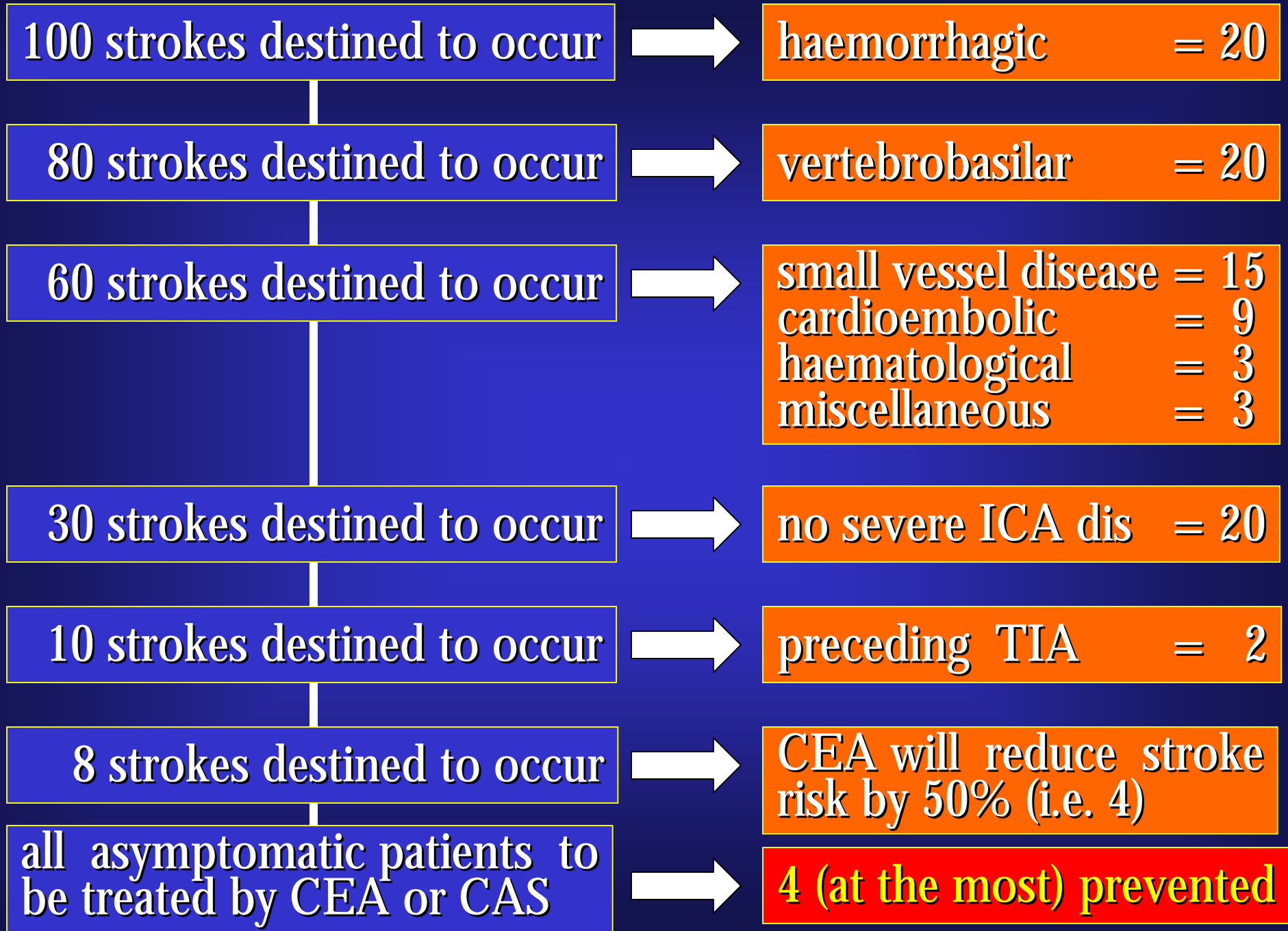
- ❖ 1% of Leicestershire population will have stenosis  $>60\%$
- ❖ equates to approximately 10,000 patients (how do you find them?)
- ❖ vascular theatre list every day of the week
- ❖ put one asymp CEA on every theatre list (260 lists, no holidays!!!)

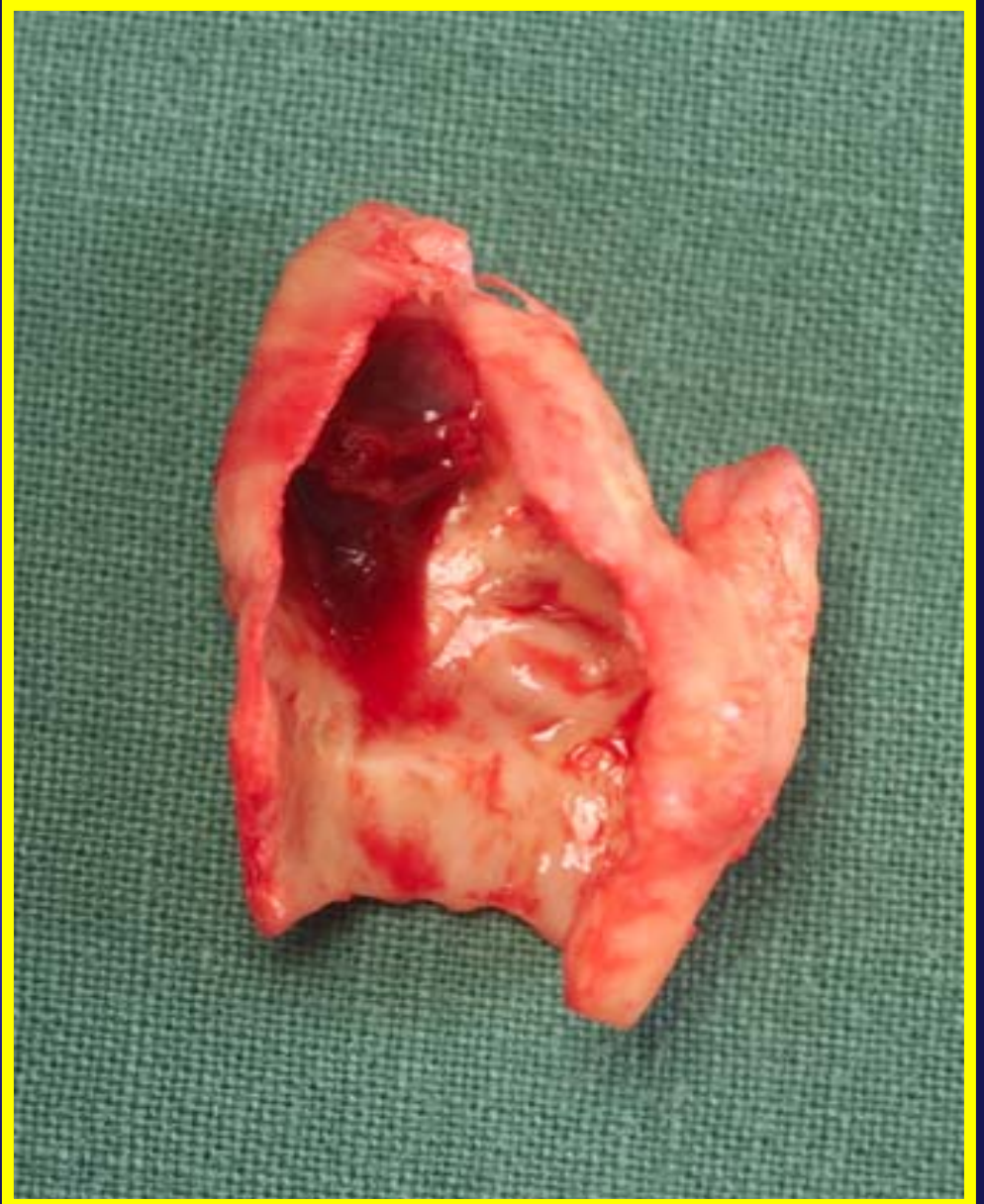
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- ❖ it will take 38 years to clear the waiting list!!











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