



## Plaquex

Plaquex is a relatively new treatment currently being used for cardiovascular and cholesterol plaque protection. It is similar in many ways to EDTA. The Plaquex program involves administration of a phospholipid compound which is designed to reduce the build up of atherosclerotic plaque within and on the walls of arteries of the body.

This essential phospholipid is called phosphatidylcholine or lecithin. Dermatologists and cosmetic surgeons have been using phosphatidylcholine injections for while to selectively break down fat deposits under the skin. The idea of using lecithin intravenously had been around for many years. Lecithin injections have been used extensively throughout Europe where the first studies done on injectable clearly lecithin indicated that it would also safely remove fat from the inside of arterial blood vessels. This therapeutic modality has become more popular in chelation clinics where it is now being used in conjunction with EDTA chelation treatment programs for reducing arterial plaque.

EDTA chelation has been important for many reasons, most importantly for removing toxic heavy metals and minerals that promote oxidation of cholesterol (that is the damaging if cholesterol which causes it to become harmful to humans). It is this oxidized cholesterol that causes inflammation of the blood vessel wall from which atherosclerotic plaque ultimately starts.

Chelation can and does shrink existing plaque can on its own can reduce risk of heart attack and can help to improve cardiac symptoms such as angina and impaired oxygenation of the heart muscle. Because of this chelation is generally thought of as a preventive treatment, that is lowering the risks of heart attack, stroke, kidney and peripheral artery disease caused by atherosclerotic plaque build up.

Plaquex is synergistic with chelation that is it helps to remove established plaque as opposed to simply being preventive. The Plaquex helps to remove fat deposits in the blood vessels by its effect on the lipid membrane of the cells in the arteries. This lipid membrane is where the plaque forms and this plaque is increased by deposition of abnormal fat and trans fatty acids. The Plaquex promotes an exchange of good fats for bad fats which tends to smooth out and shrink the arterial plaque. Because of this Plaquex is more useful for patients who already have symptoms related to plaque formation and obstruction: angina, transient cerebral or cardiovascular ischemic episodes, leg claudication, or heavy plaque buildup seen on x-rays. Plaque is a complex substance which while it can never be entirely removed, can however be decreased and prevented from increasing.

Plaquex is administered in an IV just as is chelation is and a typical treatment takes about 2 hours. The number of Plaquex treatments generally needed usually depends on the degree of symptoms and the severity of the existing atherosclerotic disease. Generally, however the averages course of Plaquex runs between 20 to 30 treatments. Symptoms relief and improvement is generally slow and may take a while again depending on the severity of the problem. However, when sufficient treatments are used frequently all symptoms can be reversed and eliminated.

Unfortunately, chelation and Plaquex cannot be given together, therefore they must be given on different days. If you have no symptoms of angina or chest, lower extremity pain or transient ischemic episodes then we suggest that chelation used to begin the prevention process and that this series next be followed by a series of Plaquex treatments. If you already have cardiovascular symptoms of plaque build we would usually recommend one treatment of each per week for a minimum of twenty weeks. If you are already suffering from severe cardiovascular symptoms we would most likely recommend 2 Plaquex treatments per week along with one EDTA.

### **In summary, Plaquex has been shown to reduce plaque that causes:**

- Coronary artery disease
- Heart attacks
- Strokes
- Angina
- Leg claudication pain
- Diabetic complications
- Neuropathy Hypertension

Plaquex involves administration of essential phospholipids (phosphatidylcholine) by IV infusion to reverse the plaque build up in blood vessels by a lipid exchange mechanism of good fats for bad fats in lipid membranes.

### **How Can I Learn More About Plaquex Therapy?**

Preventive Medicine Clinic of the Desert give frequent lectures on Chelation and Plaquex Therapy with open question and answer sessions. If you would like to start chelation or Plaquex therapy, or look into either in greater detail than call us or come in. More importantly, take the opportunity to personally visit with and find out if you are a candidate for Chelation or Plaquex Therapy. Call us at 760-320-4292 and make an appointment to learn more. Thank you!