



Chronic Total Occlusion: After the Heart Attack, the Statins and Restenosis

Mike Stone

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The nightmare of cardiologists performing PCI (stent implantation) is the eventual blockage of the stent, a process known as restenosis which can result in sudden death. My MI (heart attack) was in 2001. I discontinued taking statin medication in 2003, following 2 years of statin induced side effects, and the realization that the lipid hypothesis is totally unfounded. Routine testing (2006/2007) showed that the stent in my critical LAD artery (widow maker artery) is 100% blocked - full restenosis -Chronic Total Occlusion. However I lead a very full and active life. My changing lifestyle over the last several years has promoted the generation and development of alternative blood vessels circumventing my blocked artery. Further invasive intervention (bypass) is presently not in the works. I explain the life style changes that I have adapted, and substantiate my reasons for doing so. This is the sequel to 'Surviving a Successful Heart Attack' and supersedes 'The Next 20,000' which is no longer available.

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