

**ARTERIOSCLEROSIS: ETIOLOGY,
PATHOLOGY,
DIAGNOSIS, PROGNOSIS,
PROPHYLAXIS, AND TREATMENT**

Published @ 2017 Trieste Publishing Pty Ltd

ISBN 9780649111978

Arteriosclerosis: etiology, pathology, diagnosis, prognosis, prophylaxis, and treatment by Louis M. Warfield

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LOUIS M. WARFIELD

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FIG. 1.



Fig. 1. Arteriosclerosis of the thoracic and abdominal aorta, showing irregular nodules, atheromatous plaques, denudation of the intima, thin plates of bone scattered throughout with spicules extending into the lumen of the vessel. Note the contraction of the openings of the large branches, the rough appearance of the aorta and the greater degree of sclerosis of the upper two-thirds, i. e., of the aorta above the diaphragm. This aorta in the recent state was much thickened and almost inelastic.

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Arteriosclerosis:

Etiology, Pathology, Diagnosis, Prognosis,
Prophylaxis, and Treatment.

By

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With an Introduction

by

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Eight original illustrations.

C. V. Mosby Medical Book Co.,

St. Louis, Mo.

1908.

355446
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St. Louis

This volume is affectionately dedicated
to my mother.

—The Author.



PREFACE.

It is hoped that this small volume may fill a want in the already crowded field of medical monographs. Our attempt has been to give to the general practitioner a readable, authoritative essay on a disease which is especially an outcome of modern civilization. To that end all the available literature has been freely consulted, and the newest results of experimental research and the recent ideas of leading clinicians have been summarized. The writer has supplemented these with results from his own experience but has thought it best not to burden the contents with case histories.

The stress and strain of our daily life has, as one of its consequences, early arterial degeneration. There can be no doubt that arterial disease in the comparatively young is more frequent than it was twenty-five years ago, and that the mortality from diseases directly dependent on arteriosclerotic changes is increasing. Fortunately, the al-

most universal habit of getting out-of-doors whenever possible, and the revival of interest in athletics for persons of all ages, have to some extent counteracted the tendency to early decay. Nevertheless, the actual average prolongation of life is more probably due to the very great reduction in infant mortality and in deaths from infectious and communicable diseases.

The wear and tear on the human organism in our modern way of living is excessive. Hard work, worry, and high living all predispose to degenerative changes in the arteries and so bring on premature old age.

We have tried to emphasize this by laying stress on the prevention of arteriosclerosis rather than on the treatment of the fully developed disease.

No bibliography is given inasmuch as this is not intended as a reference book but rather as a guide to a better appreciation and understanding of a most important subject. It has been difficult to keep from wandering off into full discussions of conditions incident to and accompanied by arteriosclerosis; but, in order to be clear in our statements and complete in our descriptions, we have had