

Homocysteine revolution - medicine for the new millennium

Keats Pub. - Medical Discovery

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Folic acid -- Physiological effect.

Vitamin B6 -- Physiological effect.

Homocysteine -- Pathophysiology.

Arteriosclerosis -- Etiology.homocysteine revolution - medicine for the new millennium

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Medical Discovery

There were signs of a stroke, especially weakness and abnormal reflexes on the left side of the body. The arteries in these cases are abnormal, with hardening and loss of elasticity of the artery walls.

The homocysteine revolution : medicine for the new millennium (Book, 1997) [satis.farmjournal.com]

At first I did not like this indirect approach, wanting just the science, but it did turn out to be an interesting read and not a bad way to communicate the information. Homocysteine is a natural product of the metabolism of an amino acid called methionine and, therefore, our body's always contain some homocysteine. There was cautious acceptance of the idea that elevation of blood homocysteine was in some way the cause of vascular disease in the patients with homocystinuria.

The homocysteine revolution : medicine for the new millennium : McCully, Kilmer S : Free Download, Borrow, and Streaming : Internet Archive

What medical dogma has overlooked until quite recently is that plaque builds up only in arteries that have been wounded in some fashion. After several weeks of examining patients with genetic diseases, a case retrospectively diagnosed as homocystinuria was presented by the pediatricians.

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In a disease as complex as arteriosclerosis, many factors besides diet are known to interact and contribute to its development and progression. This new theory predicts that a dietary imbalance between too much methionine from protein and a deficiency of vitamins B6, B12 and folic acid is the underlying cause of death and disability from vascular disease. I was astonished to receive hundreds of requests for reprints of this paper in succeeding weeks.

Homocysteine, Folate, Vitamin B6, and Cardiovascular Disease

In 1992, researchers at Harvard University School of Public Health showed that men with homocysteine levels only 12% higher than average had 3. Homocystinuria caused by deficiency of cystathionine synthase, a pyridoxal phosphate-dependent enzyme, is characterized by vascular abnormalities and frequent arterial and venous thromboses. Suzman told me that in his practice in South Africa he routinely gave vitamin B6 and other vitamins to his cardiac patients because of Rinehart's discovery.

HOMOCYSTEINE

It was not clear, however, how homocystinuria could produce changes in the arteries resembling arteriosclerosis without affecting cholesterol, lipoproteins or fats in the blood and in the artery walls.

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