

# FUTURE OF CARDIOVASCULAR PRACTICE: ALERT TO CHANGE OR CALL FOR REVOLUTION

**Abdullah Alabdulgader, Congenital Cardiologist, Invasive Electrophysiologist, Prince Sultan Cardiac Center, Saudi Arabia**

**\*Corresponding author:** Abdullah Alabdulgader, Congenital Cardiologist, Invasive Electrophysiologist, Prince Sultan Cardiac Center, Saudi Arabia, Tel: 00966505920398; E-mail: kidsecho@yahoo.com

**Received:** November 02, 2016; **Accepted:** November 03, 2016; **Published:** November 08, 2016

## INTRODUCTION

Toward the end of the second decay of the 21<sup>st</sup> century cardiovascular diseases are still rank first cause of death across planet nations. In spite of the explosive scientific advances of the 20<sup>th</sup> century and after, it is now conspicuous that sincere call for wisdom is highly needed. Major changes in the methodology and basic understanding and execution of medical research is a must. The medical and pharmaceutical industry should have no connection or contribution to medical research in the new era. Devout and ascetic scientific groups representing the world nations should act as anew union to establish the new pillars for cardiovascular practice and research. Major corrective steps in our understanding of cardiovascular disease should be adopted. Prioritizing the future directions is of paramount importance. New epidemic of diseases affecting the heart and other body organs due to current pharmaceutical trends must be thought of immediately. The shock brought by today medical literature related to the serious suspicions of cholesterol theory and the documented harms of statin medications deserve urgent actions. Kilmer McCully theory in 1969 establishing the role of hyper-homocysteinemia to atherosclerosis has grown up in the last 47 years to include wide spectrum of pathologies creating major health as well as psychosocial burden in human communities. It is time to turn our attention to Kilmer McCully nutritional protocol and others to enhance the quantum therapeutic effects of human body to treat it self-utilizing the native body biochemistry pathways away from the accumulated pharmacological toxicities. Epigenetic mechanisms in relation to cardiovascular diseases include DNA methylation, histone modification, and microRNA alterations, which collectively enable cardiac cell to respond quickly to environmental changes should be enhanced to treat cardiovascular and other human diseases in isolation from the medical industry and the economic language.

Pluripotent stem cells research and bioelectric therapies utilizing physical stimuli, including magnetic field and sound frequencies as nano-mechanical energy are promising near future therapies. It affects cell behavior including stem cell commitment and terminal differentiation quite remarkably.

In 2016, it is somewhat embarrassing to practice in the cardiac sciences without acknowledging the electromagnetic, neuro-cardiac, biophysical, and energetic interactions of the human heart with the surrounding environment. Our recent publications documenting the physical resonance between human heart rate variability and the solar winds is emphasizing our new perspective to perceive the human heart and its overwhelming electromagnetic fields and frequencies as the center of a spectrum of sciences ranging from genes to galaxies.

Systemic hypertension is a major risk factor contributing to significant mortalities and morbidities in humans. Missing the diagnosis of hypertension in some people while over diagnosing it in others is a real malpractice due to the absence of implementing guidelines to use Ambulatory Blood Pressure Monitoring (ABPM) as the proper measurement for diagnosis. Chronobiologically interpreted, ambulatory blood pressure and heart rate monitoring is a new visionary practice with true potential to revolutionize risk aversion strategies in treating heart disease.

Major international efforts headed by the World Health Organization (WHO), to confront the risk of the frightening triad for heart diseases namely stress, trans peptides and monosugars should be activated. Serious attention to establish epidemiological research to discover risk factors of acquired and congenital heart diseases should be taken immediately away from medical and pharmaceutical industry funds.

The ancient wisdom and the inheritance of successive civilizations medicine should not be ignored. Selective therapeutic directions should be re-evaluated in view of modern technologies and advances in Nano medicine and other technologies to yield

alternative treatments for the stagnant options in cardiac practice. Emerging literature disclosing the benefits of grounding and detoxification to treat heart diseases are of importance in this direction.

The incorporation of quantum biophysics to understand the true mechanisms operating the complex heart pumping functions away from Newtonian traditional principles should save the humanity from the tremendously increasing and frightening surge of congestive heart failure worldwide epidemics. The peaceful human beings on the planet are awaiting for our efforts to create the change. It is a true call for revolution.