

Dr Arun L Naik

The Artery Code

Your body has a three-digit password.



These three numbers decide what happens inside the **two arteries** that kill more humans than anything else on earth.

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THE TWO C'S

Same disease. Two different deaths.

Cholesterol particles get trapped in the artery wall. Your immune system attacks them. That battle becomes a plaque.



Coronaries

The heart's own arteries. The plaque cracks, a clot forms on the spot, heart muscle starts dying.

HEART ATTACK



Carotids

Two arteries in your neck feeding the brain. Same crack — but debris breaks off and blocks a brain artery.

STROKE

It is **not** a pipe slowly clogging with grease. It is a wound inside the artery wall that never heals.

One kills locally • one kills at a distance

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Fasting blood sugar

Your sugar after 8 hours without food. Below 100 is normal.



IN THE CORONARIES

Sugar sticks to proteins in the artery lining, stiffens it and fuels inflammation. Plaque spreads through more vessels at once. Nerve damage can blunt chest pain — which is why some heart attacks arrive silently.



IN THE CAROTIDS

Raises stroke risk, and quietly damages the tiny deep vessels inside the brain — the ones linked to small strokes and slow vascular cognitive decline.

Damage begins in the **"pre-diabetic" range** — years before anyone hands you a diagnosis.

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LDL cholesterol

The particle that carries cholesterol *into* the artery wall. Below 100 for most healthy adults — lower is better.



IN THE CORONARIES

This is the raw material of plaque. LDL loads the wall, a thin cap forms over it, the cap tears — and a clot seals the artery within minutes.



IN THE CAROTIDS

Plaque gathers where the carotid splits in your neck. Fragments break away and travel into the brain. That is an embolic stroke.

It is **cumulative** — not today's number, but your lifetime exposure. With existing heart disease, diabetes or a prior stroke, your target sits well below 100.

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Systolic blood pressure

The peak force on your artery wall with every beat. Around 120 or below — roughly 100,000 beats a day.



IN THE CORONARIES

Pressure injures the one-cell-thick lining and lets LDL in. It also thickens the heart muscle, so the heart demands more oxygen from arteries that are already narrowing.



IN THE CAROTIDS

The single largest modifiable stroke risk factor — for clot strokes and bleeding strokes alike. It also drives the small-vessel damage seen as white matter change on brain scans.

There is **no age formula**. "100 plus your age" is folklore, not medicine.

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Three numbers. Two arteries.

	CORONARIES → HEART	CAROTIDS → BRAIN
100 SUGAR	Stiffens and inflames the wall; plaque spreads wider; warning pain may be blunted.	Higher stroke risk, plus damage to the brain's smallest deep vessels.
100 LDL	Supplies the material for plaque; thin caps tear and clot.	Builds plaque at the fork in your neck; fragments fly into the brain.
120 BP	Injures the lining, lets LDL in, thickens the heart muscle.	Largest modifiable stroke risk; drives white matter damage.

One morning. One lab. Three numbers.

Most people over thirty have never seen all three together.
Comment 100-100-120 if you're getting them checked this week.

Dr Naik • Brain & Vessel

Save this



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