

## Story-at-a-Glance

Chelation is a treatment approved for heavy metal toxicity and not yet approved for patient with Coronary Artery Disease.

The claim chelation can remove blocks from Coronary Artery has no evidence.

Randomized trial failed to show desired clinical benefits.

### What is chelation and whether it is a proven treatment?

Chelation is the treatment which is approved for heavy metal toxicity and lead toxicity and it is not yet approved for patient with coronary artery disease. But in sometimes it been in adventely used in the patients with coronary artery disease and it is shown no benefits to those patient (who have coronary artery diseases).

#### What is chelation?

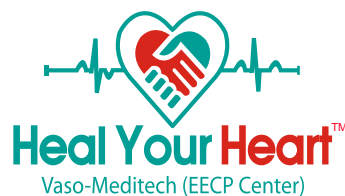
Chelation is injection of (EDTA) which is disodium ethylene diamyltetricacid. It is a compound which is injected into your body along with some vitamins. It is usually done along in IV injection and carried out for around 30-40 days and they claim that this could be able to remove the blocks since it has a calcium affinity. Now the question is whether chelation can able to remove the block in patient with coronary artery disease? It is absolutely a scandalous claim that chelation can actually remove the block in coronary artery. Until today there is no coronary angiogram or CT-angio done pre and post chelation therapy to show that chelation can actually remove the block.

This claim was done in the earlier 70's and 80's. But now we know exactly, that removing the block cannot be a option because the calcium deposit in the blocks is very less and chelation may not able to reach the calcium . Even it removes the calcium the plaque becomes unstable. It may cause a heart attack rather than relieving the angina pain. So it is very dangerous to remove the block. Now what is the scientific evidence to show that

chelation helps in patient with cardiac disease? There are two trials done in (1994 and 2002). There is another randomize trial done which is called TACT. Which is done in patient with ischemia also they have analyze the effect in placebo group.

So basically they took two group of patient one they undergone active chelation treatment other just called vitamins we call it as placebo. It has not shown any significant improvement with chelation when compared to the placebo group. So chelation is not approved treatment for heart disease but in peripheral vascular diseases, chelation improves the peripheral circulation and patient with blockage in leg arteries can able to improve the walking distance. When they repeat the trial in randomized and scientific fraction, there also it fails to show any improvement. So patient who been administered chelation therapy for 40 days did not show improvement in quality of life also not shown improvement in walking distance in treadmill or not shown improvement in regular walking distance also.

So recently there is only one trial which is published in America in 2007, called as TACT trial. Even in that trial it showed a marginal effect of chelation in mortality it did not shown any difference in heart attack or stroke or non fatal MI. So I would like to suggest recommendation committee that chelation is not at treatment for patient with coronary artery disease it needs further trials to support its claim. Until today there is no mechanism of action has been proposed in chelation to know how it works. So chelation is an unapproved treatment and it should not give to patient with coronary artery disease.



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