

CFD FOR BIOMEDICAL APPLICATIONS

CFD FOR BIOMEDICAL APPLICATIONS: REVOLUTIONIZING HEALTHCARE THROUGH ADVANCED SIMULATION

CFD FOR BIOMEDICAL APPLICATIONS IS TRANSFORMING THE LANDSCAPE OF HEALTHCARE RESEARCH, PRODUCT DEVELOPMENT, AND CLINICAL PRACTICE. COMPUTATIONAL FLUID DYNAMICS (CFD) ALLOWS SCIENTISTS AND ENGINEERS TO SIMULATE AND ANALYZE THE COMPLEX FLOW OF FLUIDS WITHIN BIOLOGICAL SYSTEMS, PROVIDING INVALUABLE INSIGHTS THAT WERE PREVIOUSLY UNATTAINABLE. THIS POWERFUL SIMULATION TECHNIQUE IS INSTRUMENTAL IN UNDERSTANDING PHYSIOLOGICAL PROCESSES, OPTIMIZING MEDICAL DEVICE DESIGNS, AND EVEN PREDICTING THE EFFICACY OF THERAPEUTIC INTERVENTIONS. FROM BLOOD FLOW IN ARTERIES TO AIRFLOW IN LUNGS, CFD OFFERS A NON-INVASIVE, COST-EFFECTIVE, AND HIGHLY DETAILED METHOD FOR INVESTIGATION. THIS ARTICLE WILL DELVE INTO THE DIVERSE AND IMPACTFUL WAYS CFD IS BEING UTILIZED ACROSS VARIOUS BIOMEDICAL DOMAINS, HIGHLIGHTING ITS FUNDAMENTAL PRINCIPLES, KEY APPLICATIONS, BENEFITS, AND FUTURE POTENTIAL.

TABLE OF CONTENTS

UNDERSTANDING COMPUTATIONAL FLUID DYNAMICS (CFD) IN A BIOMEDICAL CONTEXT

KEY APPLICATIONS OF CFD IN BIOMEDICAL ENGINEERING

BLOOD FLOW AND CARDIOVASCULAR SIMULATIONS

RESPIRATORY SYSTEM MODELING

DRUG DELIVERY AND PHARMACOKINETICS

MEDICAL DEVICE DESIGN AND OPTIMIZATION

SURGICAL PLANNING AND INTERVENTION GUIDANCE

TISSUE ENGINEERING AND BIOREACTORS

CHALLENGES AND LIMITATIONS OF CFD IN BIOMEDICAL APPLICATIONS

THE FUTURE OF CFD IN BIOMEDICAL RESEARCH

UNDERSTANDING COMPUTATIONAL FLUID DYNAMICS (CFD) IN A BIOMEDICAL CONTEXT

COMPUTATIONAL FLUID DYNAMICS (CFD) IS A BRANCH OF FLUID MECHANICS THAT USES NUMERICAL ANALYSIS AND ALGORITHMS TO SOLVE AND ANALYZE PROBLEMS THAT INVOLVE FLUID FLOWS. IN THE BIOMEDICAL REALM, THIS TRANSLATES TO SIMULATING THE MOVEMENT OF BLOOD, AIR, CEREBROSPINAL FLUID, MUCUS, AND OTHER BODILY FLUIDS. THE CORE PRINCIPLE INVOLVES DISCRETIZING A CONTINUOUS PHYSICAL DOMAIN (LIKE A BLOOD VESSEL OR AN AIRWAY) INTO A FINITE NUMBER OF SMALL CONTROL VOLUMES OR ELEMENTS. MATHEMATICAL EQUATIONS GOVERNING FLUID MOTION—PRIMARILY THE NAVIER-STOKES EQUATIONS—ARE THEN SOLVED NUMERICALLY FOR EACH OF THESE ELEMENTS.

THE PROCESS TYPICALLY INVOLVES SEVERAL KEY STAGES. FIRSTLY, A GEOMETRICAL MODEL OF THE BIOLOGICAL STRUCTURE OF INTEREST IS CREATED, OFTEN FROM MEDICAL IMAGING DATA LIKE CT SCANS OR MRI. THIS GEOMETRY IS THEN MESHED, DIVIDING IT INTO SMALLER, MANAGEABLE COMPUTATIONAL CELLS. SUBSEQUENTLY, BOUNDARY CONDITIONS REPRESENTING PHYSIOLOGICAL PARAMETERS SUCH AS PRESSURE GRADIENTS, FLOW RATES, OR WALL PROPERTIES ARE DEFINED AT THE EDGES OF THE DOMAIN. THE CFD SOLVER THEN ITERATIVELY CALCULATES THE FLUID VELOCITY, PRESSURE, TEMPERATURE, AND OTHER RELEVANT VARIABLES THROUGHOUT THE MESH. FINALLY, POST-PROCESSING TOOLS ARE USED TO VISUALIZE AND ANALYZE THE RESULTS, GENERATING INSIGHTS INTO COMPLEX FLOW PATTERNS, SHEAR STRESSES, AND PRESSURE DISTRIBUTIONS.

KEY APPLICATIONS OF CFD IN BIOMEDICAL ENGINEERING

THE VERSATILITY OF CFD MAKES IT APPLICABLE TO AN ASTONISHING RANGE OF BIOMEDICAL CHALLENGES. ITS ABILITY TO VISUALIZE AND QUANTIFY FLUID BEHAVIOR UNDER VARIOUS CONDITIONS ALLOWS FOR A DEEPER UNDERSTANDING OF DISEASES AND THE DEVELOPMENT OF INNOVATIVE SOLUTIONS. THE PRIMARY GOAL IS OFTEN TO PREDICT THE PHYSIOLOGICAL RESPONSE TO DIFFERENT STIMULI OR INTERVENTIONS, THEREBY REDUCING THE NEED FOR EXTENSIVE AND COSTLY PHYSICAL EXPERIMENTATION OR CLINICAL TRIALS IN THE EARLY STAGES OF DEVELOPMENT.

CFD'S IMPACT SPANS ACROSS NUMEROUS SUB-DISCIPLINES WITHIN BIOMEDICAL ENGINEERING. IT PROVIDES A VIRTUAL LABORATORY FOR RESEARCHERS TO TEST HYPOTHESES, EXPLORE DESIGN ITERATIONS, AND GAIN MECHANISTIC INSIGHTS INTO BIOLOGICAL PROCESSES. THE FOLLOWING SECTIONS WILL EXPLORE SOME OF THE MOST PROMINENT AND IMPACTFUL AREAS WHERE CFD FOR BIOMEDICAL APPLICATIONS IS MAKING SIGNIFICANT STRIDES.

BLOOD FLOW AND CARDIOVASCULAR SIMULATIONS

THE CARDIOVASCULAR SYSTEM IS A PRIME CANDIDATE FOR CFD ANALYSIS DUE TO THE CONSTANT AND COMPLEX MOTION OF BLOOD. SIMULATING BLOOD FLOW IN ARTERIES, VEINS, AND CARDIAC CHAMBERS CAN REVEAL CRITICAL INFORMATION ABOUT CARDIOVASCULAR HEALTH AND DISEASE. FOR INSTANCE, CFD CAN HELP IDENTIFY REGIONS PRONE TO ATHEROSCLEROSIS BY QUANTIFYING WALL SHEAR STRESS (WSS), A FORCE EXERTED BY FLOWING BLOOD ON THE ARTERY WALLS. LOW OR OSCILLATING WSS IS OFTEN CORRELATED WITH PLAQUE FORMATION.

FURTHERMORE, CFD PLAYS A CRUCIAL ROLE IN UNDERSTANDING AND TREATING CONDITIONS LIKE ANEURYSMS, WHERE WEAKENED VESSEL WALLS BULGE OUTWARDS. SIMULATIONS CAN PREDICT THE STRESS ON THE ANEURYSM SAC AND HELP SURGEONS DECIDE ON THE OPTIMAL TREATMENT STRATEGY, SUCH AS ENDOVASCULAR REPAIR. THE DESIGN AND PERFORMANCE EVALUATION OF CARDIOVASCULAR MEDICAL DEVICES, INCLUDING ARTIFICIAL HEART VALVES, STENTS, AND VENTRICULAR ASSIST DEVICES (VADs), ARE HEAVILY RELIANT ON CFD. BY SIMULATING BLOOD FLOW THROUGH THESE DEVICES, ENGINEERS CAN OPTIMIZE THEIR GEOMETRY TO MINIMIZE TURBULENCE, REDUCE CLOT FORMATION, AND IMPROVE OVERALL EFFICIENCY AND PATIENT OUTCOMES.

RESPIRATORY SYSTEM MODELING

THE INTRICATE NETWORK OF AIRWAYS IN THE LUNGS PRESENTS ANOTHER FERTILE GROUND FOR CFD APPLICATIONS. SIMULATING AIRFLOW PATTERNS WITHIN THE TRACHEA, BRONCHI, AND ALVEOLI CAN AID IN UNDERSTANDING RESPIRATORY DISEASES LIKE ASTHMA, COPD, AND CYSTIC FIBROSIS. CFD CAN HELP RESEARCHERS VISUALIZE HOW INHALED AEROSOLS OR GASES ARE DISTRIBUTED WITHIN THE LUNGS, WHICH IS VITAL FOR OPTIMIZING THE DELIVERY OF INHALED MEDICATIONS.

THE IMPACT OF ANATOMICAL VARIATIONS OR PATHOLOGICAL CHANGES ON AIRFLOW DYNAMICS CAN BE PRECISELY MAPPED USING CFD. FOR EXAMPLE, MODELS CAN SIMULATE THE EFFECTS OF MUCUS BUILDUP, AIRWAY CONSTRICTION, OR THE PRESENCE OF TUMORS ON BREATHING RESISTANCE AND GAS EXCHANGE. THIS UNDERSTANDING CAN GUIDE THE DEVELOPMENT OF MORE EFFECTIVE RESPIRATORY THERAPIES AND DIAGNOSTIC TOOLS. CFD IS ALSO BEING USED TO DESIGN AND TEST NOVEL RESPIRATORY SUPPORT DEVICES, SUCH AS VENTILATORS AND NEBULIZERS, TO ENSURE OPTIMAL FUNCTION AND PATIENT COMFORT.

DRUG DELIVERY AND PHARMACOKINETICS

OPTIMIZING DRUG DELIVERY IS A CRITICAL ASPECT OF MODERN MEDICINE, AND CFD IS PROVING TO BE AN INDISPENSABLE TOOL IN THIS ENDEAVOR. BY SIMULATING THE TRANSPORT AND DISPERSION OF THERAPEUTIC AGENTS WITHIN THE BODY, RESEARCHERS CAN GAIN A DEEPER UNDERSTANDING OF PHARMACOKINETICS—HOW DRUGS ARE ABSORBED, DISTRIBUTED, METABOLIZED, AND EXCRETED. THIS IS PARTICULARLY RELEVANT FOR TARGETED DRUG DELIVERY SYSTEMS, WHERE DRUGS ARE ADMINISTERED TO SPECIFIC SITES IN THE BODY.

FOR INSTANCE, CFD CAN MODEL THE CONVECTION AND DIFFUSION OF DRUGS WITHIN TUMOR MICROENVIRONMENTS, HELPING TO DESIGN MORE EFFECTIVE CHEMOTHERAPY REGIMENS. SIMILARLY, IN INHALED DRUG DELIVERY, CFD SIMULATIONS CAN PREDICT THE DEPOSITION PATTERNS OF DRUG PARTICLES IN DIFFERENT REGIONS OF THE RESPIRATORY TRACT, ALLOWING FOR THE OPTIMIZATION OF INHALER DESIGN AND NEBULIZER OUTPUT. THIS APPROACH CAN LEAD TO MORE PERSONALIZED AND EFFICIENT DRUG THERAPIES, REDUCING SIDE EFFECTS AND IMPROVING TREATMENT EFFICACY.

MEDICAL DEVICE DESIGN AND OPTIMIZATION

THE DESIGN OF VIRTUALLY ANY MEDICAL DEVICE INVOLVING FLUID DYNAMICS CAN BE SIGNIFICANTLY ENHANCED THROUGH CFD. THIS INCLUDES A WIDE ARRAY OF EQUIPMENT, FROM DIALYSIS MACHINES AND EXTRACORPOREAL MEMBRANE OXYGENATORS (ECMO) TO DRUG INFUSION PUMPS AND INTRAOCULAR LENSES. CFD ALLOWS ENGINEERS TO VIRTUALLY TEST NUMEROUS DESIGN ITERATIONS, IDENTIFY POTENTIAL ISSUES LIKE HIGH PRESSURE DROPS, UNFAVORABLE SHEAR FORCES, OR RECIRCULATION ZONES, AND MAKE INFORMED MODIFICATIONS BEFORE COMMITTING TO EXPENSIVE PHYSICAL PROTOTYPING AND TESTING.

FOR EXAMPLE, IN THE DESIGN OF ARTIFICIAL KIDNEYS, CFD CAN SIMULATE THE FLOW OF BLOOD AND DIALYSATE THROUGH THE FILTER, OPTIMIZING THE MEMBRANE SURFACE AREA AND FLOW PATHS TO MAXIMIZE WASTE REMOVAL EFFICIENCY WHILE MINIMIZING DAMAGE TO BLOOD CELLS. SIMILARLY, FOR PROSTHETIC DEVICES, CFD CAN PREDICT HOW BODILY FLUIDS INTERACT WITH THE IMPLANT SURFACE, HELPING TO DESIGN SURFACES THAT PROMOTE TISSUE INTEGRATION AND PREVENT COMPLICATIONS. THE ITERATIVE NATURE OF CFD SIMULATIONS ACCELERATES THE INNOVATION CYCLE FOR MEDICAL DEVICES, LEADING TO SAFER, MORE EFFECTIVE, AND MORE USER-FRIENDLY PRODUCTS.

SURGICAL PLANNING AND INTERVENTION GUIDANCE

CFD IS INCREASINGLY BEING EMPLOYED TO ENHANCE PRE-SURGICAL PLANNING AND PROVIDE REAL-TIME GUIDANCE DURING COMPLEX INTERVENTIONS. BY CREATING PATIENT-SPECIFIC CFD MODELS DERIVED FROM MEDICAL IMAGING, SURGEONS CAN VISUALIZE AND PREDICT THE FLUID DYNAMICS WITHIN A PATIENT'S UNIQUE ANATOMY. THIS ALLOWS THEM TO BETTER UNDERSTAND THE POTENTIAL CHALLENGES AND OUTCOMES OF A PLANNED SURGERY.

FOR INSTANCE, BEFORE PERFORMING COMPLEX VASCULAR SURGERY, A SURGEON CAN USE CFD TO ASSESS BLOOD FLOW PATTERNS AROUND AN INTENDED SURGICAL SITE, IDENTIFY CRITICAL VESSELS TO PRESERVE, AND SIMULATE THE IMPACT OF DIFFERENT SURGICAL APPROACHES ON BLOOD FLOW. IN NEUROSURGERY, CFD CAN HELP PLAN PROCEDURES INVOLVING CEREBROSPINAL FLUID SHUNTS OR EMBOLIZATION OF BRAIN ANEURYSMS BY PREDICTING FLOW PATTERNS AND PRESSURE DISTRIBUTIONS. THIS PROACTIVE APPROACH CAN SIGNIFICANTLY REDUCE OPERATIVE RISKS, IMPROVE SURGICAL PRECISION, AND ULTIMATELY LEAD TO BETTER PATIENT RECOVERY.

TISSUE ENGINEERING AND BIOREACTORS

IN THE BURGEONING FIELD OF TISSUE ENGINEERING, CFD PLAYS A VITAL ROLE IN DESIGNING AND OPTIMIZING BIOREACTORS, WHICH ARE CRUCIAL FOR GROWING ENGINEERED TISSUES AND ORGANS. BIOREACTORS PROVIDE A CONTROLLED ENVIRONMENT WHERE CELLS CAN DEVELOP AND DIFFERENTIATE, OFTEN REQUIRING PRECISE CONTROL OVER NUTRIENT AND OXYGEN SUPPLY, AS WELL AS WASTE REMOVAL. CFD IS USED TO SIMULATE THE FLUID FLOW WITHIN THESE BIOREACTORS, ENSURING UNIFORM DISTRIBUTION OF ESSENTIAL SUBSTANCES TO THE CELLS AND EFFICIENT REMOVAL OF METABOLIC BYPRODUCTS.

BY MODELING FLUID DYNAMICS, RESEARCHERS CAN DESIGN BIOREACTOR GEOMETRIES AND OPERATING CONDITIONS THAT PROMOTE CELL VIABILITY, PROLIFERATION, AND PROPER TISSUE FORMATION. THIS INCLUDES OPTIMIZING IMPELLER DESIGNS, FLOW RATES, AND GAS SPARGING STRATEGIES. FURTHERMORE, CFD CAN HELP UNDERSTAND HOW MECHANICAL FORCES, SUCH AS SHEAR STRESS, EXERTED BY THE FLUID FLOW, INFLUENCE CELL BEHAVIOR AND TISSUE DEVELOPMENT. THIS ALLOWS FOR THE CREATION OF MORE BIOMIMETIC ENVIRONMENTS THAT CLOSELY MIMIC THE NATIVE CONDITIONS WITHIN THE BODY, ACCELERATING THE DEVELOPMENT OF FUNCTIONAL ENGINEERED TISSUES FOR TRANSPLANTATION AND REGENERATIVE MEDICINE.

CHALLENGES AND LIMITATIONS OF CFD IN BIOMEDICAL APPLICATIONS

DESPITE ITS IMMENSE POTENTIAL, THE APPLICATION OF CFD IN THE BIOMEDICAL FIELD IS NOT WITHOUT ITS CHALLENGES AND LIMITATIONS. ONE OF THE PRIMARY HURDLES IS THE INHERENT COMPLEXITY OF BIOLOGICAL SYSTEMS. ACCURATELY MODELING

THE RHEOLOGY OF BLOOD, WHICH CAN CHANGE UNDER DIFFERENT FLOW CONDITIONS, OR THE INTRICATE MULTIPHASE FLOWS INVOLVING AIR, MUCUS, AND AEROSOLS, REQUIRES SOPHISTICATED MODELS AND SIGNIFICANT COMPUTATIONAL RESOURCES. THE ACCURACY OF CFD SIMULATIONS IS HIGHLY DEPENDENT ON THE QUALITY OF INPUT DATA, SUCH AS PATIENT-SPECIFIC ANATOMICAL GEOMETRIES DERIVED FROM MEDICAL IMAGING, AND THE PRECISE DEFINITION OF BOUNDARY CONDITIONS.

ANOTHER SIGNIFICANT CHALLENGE IS THE COMPUTATIONAL COST. DETAILED 3D SIMULATIONS OF COMPLEX BIOLOGICAL FLOWS CAN REQUIRE POWERFUL SUPERCOMPUTERS AND CONSIDERABLE TIME TO RUN. THIS CAN LIMIT THE SPEED AT WHICH DESIGNS CAN BE ITERATED OR REAL-TIME APPLICATIONS CAN BE REALIZED. VALIDATION OF CFD RESULTS AGAINST EXPERIMENTAL DATA OR CLINICAL OBSERVATIONS IS ALSO CRUCIAL BUT CAN BE DIFFICULT AND TIME-CONSUMING TO OBTAIN. FURTHERMORE, THE EXPERTISE REQUIRED TO SET UP, RUN, AND INTERPRET CFD SIMULATIONS IS HIGHLY SPECIALIZED, NECESSITATING TRAINED PROFESSIONALS IN BOTH ENGINEERING AND LIFE SCIENCES.

THE FUTURE OF CFD IN BIOMEDICAL RESEARCH

THE FUTURE OF CFD FOR BIOMEDICAL APPLICATIONS IS EXCEPTIONALLY BRIGHT, DRIVEN BY ADVANCEMENTS IN COMPUTATIONAL POWER, NUMERICAL ALGORITHMS, AND DATA ACQUISITION TECHNIQUES. THE INTEGRATION OF ARTIFICIAL INTELLIGENCE AND MACHINE LEARNING WITH CFD IS POISED TO REVOLUTIONIZE THE FIELD. AI CAN BE USED TO ACCELERATE SIMULATION TIMES, OPTIMIZE MESH GENERATION, PREDICT SIMULATION OUTCOMES, AND EVEN DISCOVER NOVEL RELATIONSHIPS WITHIN COMPLEX BIOLOGICAL DATASETS THAT MIGHT BE MISSED BY TRADITIONAL ANALYSIS.

WE CAN EXPECT TO SEE INCREASINGLY SOPHISTICATED MULTI-PHYSICS SIMULATIONS THAT COUPLE FLUID FLOW WITH OTHER PHENOMENA, SUCH AS HEAT TRANSFER, MASS TRANSPORT, CHEMICAL REACTIONS, AND STRUCTURAL MECHANICS. THIS WILL ENABLE MORE COMPREHENSIVE MODELING OF BIOLOGICAL PROCESSES. THE DEVELOPMENT OF MORE PATIENT-SPECIFIC MODELS, LEVERAGING ADVANCED IMAGING AND PERSONALIZED MEDICINE APPROACHES, WILL BECOME THE NORM, LEADING TO HIGHLY TAILORED DIAGNOSTIC AND THERAPEUTIC STRATEGIES. ULTIMATELY, CFD WILL CONTINUE TO BE A CORNERSTONE TECHNOLOGY, ENABLING UNPRECEDENTED INSIGHTS INTO HUMAN HEALTH AND DRIVING INNOVATION IN HEALTHCARE TECHNOLOGIES FOR YEARS TO COME.

Q: WHAT ARE THE PRIMARY ADVANTAGES OF USING CFD FOR BIOMEDICAL APPLICATIONS?

A: THE PRIMARY ADVANTAGES INCLUDE THE ABILITY TO CONDUCT NON-INVASIVE, COST-EFFECTIVE SIMULATIONS OF COMPLEX FLUID DYNAMICS WITHIN BIOLOGICAL SYSTEMS, PROVIDING DETAILED INSIGHTS INTO PHYSIOLOGICAL PROCESSES, OPTIMIZING MEDICAL DEVICE DESIGNS, PREDICTING TREATMENT OUTCOMES, AND ACCELERATING RESEARCH AND DEVELOPMENT CYCLES.

Q: HOW IS MEDICAL IMAGING DATA UTILIZED IN CFD FOR BIOMEDICAL APPLICATIONS?

A: MEDICAL IMAGING DATA, SUCH AS CT SCANS AND MRI, ARE CRUCIAL FOR CREATING ACCURATE, PATIENT-SPECIFIC ANATOMICAL MODELS. THESE 3D GEOMETRIES SERVE AS THE BASIS FOR MESHING AND SIMULATION, ALLOWING CFD TO REPRESENT THE UNIQUE STRUCTURES OF AN INDIVIDUAL'S CARDIOVASCULAR SYSTEM, RESPIRATORY TRACT, OR OTHER RELEVANT ORGANS.

Q: WHAT ARE THE KEY TYPES OF FLUIDS THAT CFD CAN SIMULATE IN A BIOMEDICAL CONTEXT?

A: CFD CAN SIMULATE A WIDE RANGE OF BIOLOGICAL FLUIDS, INCLUDING BLOOD, AIR, CEREBROSPINAL FLUID, MUCUS, LYMPH, AND VARIOUS DRUG SOLUTIONS OR SUSPENSIONS, ACCOUNTING FOR THEIR UNIQUE RHEOLOGICAL PROPERTIES.

Q: How does CFD contribute to the development of new medical devices?

A: CFD enables engineers to virtually prototype and test medical devices like artificial heart valves, stents, ventilators, and drug delivery systems. By simulating fluid flow through these devices, designers can optimize their geometry, performance, and biocompatibility to improve efficacy and patient safety before physical prototyping.

Q: Can CFD be used to predict the effectiveness of drug treatments?

A: Yes, CFD can simulate drug transport and distribution within the body, particularly in targeted drug delivery scenarios. This helps in understanding pharmacokinetics, optimizing dosage and delivery methods, and predicting drug efficacy at specific sites, such as tumors.

Q: What are the main challenges in applying CFD to complex biological systems?

A: Major challenges include the inherent complexity of biological fluid mechanics (e.g., blood rheology), the need for highly accurate patient-specific anatomical models and boundary conditions, significant computational resources required for detailed simulations, and the crucial but often difficult task of experimental validation.

Q: How is CFD employed in surgical planning?

A: CFD allows surgeons to create patient-specific models that visualize and predict fluid flow dynamics in areas of interest before surgery. This aids in identifying potential risks, understanding the impact of surgical maneuvers on blood flow or other fluid dynamics, and optimizing surgical approaches for better outcomes.

Q: What role does CFD play in tissue engineering?

A: CFD is essential for designing and optimizing bioreactors used in tissue engineering. It helps ensure uniform nutrient and oxygen supply to cells, efficient waste removal, and controlled mechanical stimulation (e.g., shear stress) within the bioreactor, which are critical for the growth of functional engineered tissues.

Q: What is the significance of wall shear stress (WSS) in CFD cardiovascular simulations?

A: Wall shear stress is a critical parameter calculated by CFD in cardiovascular simulations. It represents the frictional force exerted by blood flow on the artery walls. Abnormal WSS patterns are often indicators of regions prone to atherosclerosis, thrombosis, or other vascular diseases, helping to identify areas of concern.

Q: How are advancements in computational power impacting CFD for biomedical applications?

A: Advancements in computational power are enabling the simulation of more complex phenomena, larger biological domains, higher mesh resolutions, and coupled multi-physics problems. This leads to more accurate, detailed, and comprehensive insights into biological processes and allows for faster design iterations and more sophisticated modeling.

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