

Vascular Wellness Evaluation – Patient Information

Summary

Vascular wellness evaluation is a preventive strategy designed to detect atherosclerosis before symptoms develop.

It is intended for individuals who are otherwise healthy and asymptomatic with respect to cardiovascular disease.

The goal is early detection and prevention, not diagnosis of established disease.

How the Test is Performed

Common carotid intima–media thickness (CCIMT) is measured using a noninvasive ultrasound technique.

A highly sensitive method called echo-tracking is used, which employs radiofrequency signal processing with automated edge detection for improved accuracy.

How Results are Interpreted

Since CCIMT increases naturally with age, absolute values alone are difficult to interpret.

Therefore, two derived measures are used:

- CCIMT Z-score – compares your value with age- and sex-matched population
- Vascular age – reflects the age at which your arterial thickness would be considered average

What Do the Results Mean?

Higher Z-scores and higher vascular age indicate accelerated atherosclerosis and increased risk of future cardiovascular events.

The purpose is to identify risk early and act on it.

What Should You Do Next?

Most individuals require lifestyle modification and risk factor control, including diet, exercise, and management of cholesterol, blood pressure, and diabetes.

Disclaimer

Vascular age is an estimate and should not be used for diagnosis or as a substitute for medical advice.

Results should be interpreted along with medical history, examination, and laboratory findings.

Always consult a healthcare professional before making medical decisions.