

KEEP THE BEAT OUTREACH

EXPLANATION OF RESULTS

Carotid Artery Ultrasound

Your two carotid arteries are located on each side of your neck. They deliver blood from your heart to your brain. Carotid ultrasound tests for blocked or narrowed carotid arteries, which can increase the risk of stroke. Carotid arteries are usually narrowed by a buildup of plaque — made up of fat, cholesterol, calcium and other substances that circulate in the bloodstream. Early diagnosis and treatment of a narrowed carotid artery can decrease stroke risk.

Normal Results - Internal Carotid Artery velocities less than 125 cm/sec and no visible plaque.

Carotid Intima-Media Thickness (CIMT)

CIMT is a measure used to diagnose the extent of carotid atherosclerotic vascular disease. The test measures the thickness of the inner two layers of the carotid artery—the intima and media—and alerts physicians to any thickening when patients are still asymptomatic. Early detection may indicate the need for a more aggressive approach to managing the risk factors associated with heart disease and stroke.

Normal Results – CIMT of less than .10 cm.

Abdominal Aortic Aneurysm

An abdominal aortic aneurysm is an enlarged area in the lower part of the aorta, the major blood vessel that supplies blood to the body. The aorta, about the thickness of a garden hose, runs from your heart through the center of your chest and abdomen. Because the aorta is the body's main supplier of blood, a ruptured abdominal aortic aneurysm can cause life-threatening bleeding.}

Normal Results – 3cm or less in diameter

Ankle-Brachial Index (ABI)

The ankle-brachial index test is a quick, noninvasive way to check your risk of peripheral artery disease (PAD). Peripheral artery disease is a condition in which the arteries in your legs or arms are narrowed or blocked. People with peripheral artery disease are at an increased risk of heart attack, stroke, poor circulation and leg pain. The ankle-brachial index test compares your blood pressure measured at your ankle with your blood pressure measured at your arm. A low ankle-brachial index number can indicate narrowing or blockage of the arteries in your legs, increasing your risk of circulatory problems, and possibly causing heart disease or stroke.

Normal Results – Ratio of arm blood pressure to ankle blood pressure of 0.9 – 1.2

Echocardiogram

An echocardiogram is a test that uses high frequency sound waves (ultrasound) to make pictures of your heart's chambers, valves, walls and the blood vessels attached to your heart. The test measures how well your heart is pumping out blood, known as Ejection Fraction (EF). The echocardiogram is also used to make sure your heart valves are working correctly and that there is no significant leakage in the valves.

Normal Results – Ejection Fraction of 55% or greater