

What is Vascular Disease?

Many people think only of heart attacks when they think of cardiovascular disease. But cardiovascular disease can affect other parts of the body. The total cardiovascular system is made up of the heart and the circulatory system—arteries and veins throughout the body. When cardiovascular disease affects the circulatory system, it is referred to as vascular disease. The most common types of vascular disease are carotid artery disease, peripheral artery disease and aneurysm of the abdominal aorta. Vascular disease can greatly diminish a person's quality of life. It can also lead to potentially life-threatening or fatal medical conditions.

Do you know if you are at risk for Vascular Disease?

Many people are at risk for vascular disease or may have symptoms and not even know it. Overall, the risk factors for vascular disease include:

- Smoking
- High Blood Pressure
- High Cholesterol
- Diabetes
- Coronary Artery Disease
- Sedentary Lifestyle
- Family History of Stroke
- Family History of Vascular Disease

Typical candidates for vascular screening are men and women over the age of 50. However, VascularView may be appropriate for any individual who has two or more of the risk factors listed above. We encourage patients to speak with their physician in order to determine if these screenings would be appropriate.

What is VascularView?

VascularView combines three quick and painless vascular screening procedures into one easy appointment! Our trio of tests can identify potentially harmful vascular conditions in their earliest stages before symptoms occur and when treatment is most effective. The tests are quick, painless and use harmless ultrasound. The only patient preparation/restriction is to fast for four hours prior to the Abdominal Aortic Aneurysm Screening. The testing only takes about 30 minutes. You will even receive your results before you leave. There are no restrictions or limitations after the testing.

The VascularView package includes a Carotid Artery Screening, an Abdominal Aortic Aneurysm Screening and an Ankle-Brachial Index Screening. These tests are available through Virginia Cardiovascular Specialists for just \$45 each. However, when purchased as part of the VascularView package, **all three exams are only \$120.**

Please call (804) 285-VIEW for more information or to schedule your VascularView appointment.



The Name to Trust in Heart Care
VIRGINIA CARDIOVASCULAR SPECIALISTS

VCS has worked to improve the heart-health of Virginians for more than 30 years. From prevention and testing to cardiac and vascular interventions, we offer the finest cardiovascular care from some of the most respected physicians in the state. You will find our care in convenient and accessible offices throughout Central Virginia with accredited diagnostic capabilities on site.

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WHAT YOU DON'T KNOW CAN HURT YOU

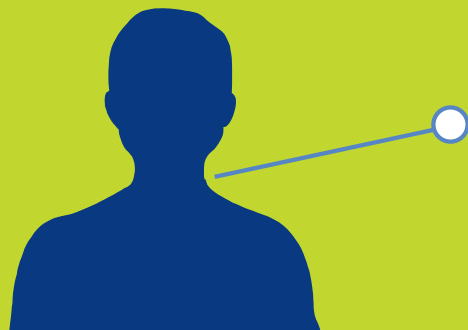
Screening for Stroke and Vascular Disease Risk



VASCULARVIEW™

A service of Virginia Cardiovascular Specialists

CAROTID ARTERY SCREENING



What is it?

The carotid arteries are located on each side of the neck and carry blood to the brain. Similar to the arteries of the heart, the carotid arteries can develop atherosclerosis. Also referred to as “hardening of the arteries,” atherosclerosis is a disease where plaque accumulates in the arteries. This build-up of plaque in the coronary arteries causes heart attacks. When it accumulates in the carotid arteries, it can cause a stroke.

How does the screening work?

While you lie on an exam table, a technologist will gently press an ultrasound probe with a small amount of ultrasound gel against the outside of your neck. You will be asked to remain still while both sides of the neck are examined. The procedure uses harmless ultrasound and is completely painless and non-invasive.

What happens next?

It depends on the amount of narrowing in your carotid arteries. You may be encouraged to continue leading a healthy lifestyle. Or, you may be asked to have regular monitoring to assess progression of the disease. Lastly, if a large amount of blockage is diagnosed, you will be referred to a cardiologist for further testing and treatment, if necessary.

ABDOMINAL AORTIC ANEURYSM SCREENING



What is it?

An aneurysm of the abdominal aorta is a silent killer. An abdominal aortic aneurysm (AAA) can occur without any warning signs or symptoms. The aorta is the largest artery in the body. It originates at the heart and supplies blood to the entire lower body. An aneurysm is a swelling, ballooning or bulging of a blood vessel. At the point where an aneurysm occurs, the blood vessel can become weak and rupture. This tear or sudden rupture is accompanied by severe back pain, dizziness and loss of consciousness. Unfortunately, most people who suffer a ruptured aortic aneurysm do not survive.

How does the screening work?

The best protection is to identify the aneurysm early through the use of harmless ultrasound to view the aorta. **The only requirement is that you do not eat or drink anything for four hours prior to your exam.** You will be asked to lie down on an exam table while a technologist presses an ultrasound probe with ultrasound gel to your abdomen. The test is completely painless and non-invasive; however, there will be slight pressure on your abdomen while the technologist obtains the images.

What happens next?

If an aneurysm is detected, you will be referred to a cardiologist for a consultation. Depending on the size of the aneurysm, a surgical intervention may be necessary. If an aneurysm is not detected, you will be encouraged to maintain a healthy, active lifestyle.

ANKLE-BRACHIAL INDEX SCREENING



What is it?

An ankle-brachial index (ABI) screens for peripheral artery disease, or PAD. PAD is a build-up of plaque inside the arteries that feed the lower extremities. This build-up limits the blood flow and can cause intermittent claudication, or pain in the buttocks and legs that occurs with walking and exercise. PAD can also cause resting leg pain, numbness or tingling, discoloration of the feet and toes, and a decreased ability to move the feet and toes.

How does the screening work?

ABI screening compares the blood pressure and pulses in the arms to the blood pressure and pulses in the legs. You will lie on an exam table while your blood pressure is checked in both arms and in both legs. The findings are then compared, and a ratio is calculated to provide the index. The exam is completely painless and non-invasive.

What happens next?

If the ABI is normal and symptoms are not present, then no change or action is needed. If the ABI is not normal or symptoms persist, a cardiology consultation may be necessary. Treatment can range from exercise therapy to medication or surgery to establish proper bloodflow.

ALL THREE **VASCULARVIEW™** SCREENINGS ARE AVAILABLE FOR \$120