



UnityPoint Clinic

CARDIOLOGY

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Vascular Health Screening

What is Vascular Health Screening?

Vascular health screening is a three part test that measures the potential risk for stroke, abdominal aortic aneurysm, and peripheral arterial disease (PAD).

Who should participate in Vascular Health Screening?

Vascular health screening is an effective tool for people age 40 to 70 years old without known heart disease. The screening program improves assessment of vascular disease in individuals who have:

- Diabetes
- High blood pressure
- High blood cholesterol
- Family history of heart or vascular disease
- or who smoke cigarettes

What can I expect during the Vascular Health Screening?

- A personal history describing current vascular symptoms will be obtained.
- You may be asked to remove outer clothing and put on a patient gown.
- Images will be taken as you lie in a bed.
- The lights in the room will be dimmed so the ultrasound screen can be seen clearly.
- The sonographer will place a water-soluble gel on your skin and firmly press with a transducer. When the transducer is placed against the skin, an image of the artery is shown on a screen.
- You will hear pulse-like noises periodically during your exam when the technologist is checking the blood flow.

How long does the Vascular Health Screening take?

You will be in the vascular lab for 30 minutes

What should you wear?

Wear loose fitted clothing and undergarments that is easy to remove.

Specific Preparation:

- Do not eat or drink 4 hours before the test.
- Do not take your morning medications.
- Do not chew gum/candy or smoke the morning of the exam.
- Do not apply cologne, perfume, body lotions or powder.

Appointment:

Date: _____

Time: _____

What does Vascular Health Screening include?

Abdominal Aortic Aneurysm Ultrasound

- An abdominal aortic aneurysm (AAA) occurs when the wall of the aorta (which is a large blood vessel that extends into the abdomen) becomes weakened, expands, and can rupture. The condition generally does not have any symptoms, but can be detected with ultrasound imaging.

Ultrasound images are a safe, non-invasive test that is collected by the use of sound waves.

Carotid Artery Ultrasound

- Carotid arteries are large arteries on each side of the neck that supply the brain with oxygen-rich blood. Ultrasound image testing can show whether plaque has narrowed one or both of the arteries, reducing blood flow to the brain and increasing the risk of a stroke.

Peripheral Arterial Disease (PAD)

- PAD is a circulatory condition in which blood flow to the arms and legs is reduced due to narrowing of the arteries. A common symptom of PAD is leg pain when walking which is relieved with a period of rest. Testing involves measuring the blood pressure in the ankles and comparing it to the blood pressure reading taken at the arms.

When will you know the results of your test?

The images from the test will be reviewed by a board certified cardiologist. The test results will be sent to you and to your family doctor. It may take 3 to 4 days before you know the results of your test.

How much does the screening cost?

Vascular Health Screening is not covered by insurance plans.