

MICHIGAN HEART VASCULAR DISEASE SCREENING PROGRAM

Vascular disease occurs without warning

Vascular disease is caused by a build-up of plaque within the blood vessels of the body. Stroke may occur if significant blockages are in the blood vessels going to the brain (carotid arteries). Abdominal aortic aneurysm (AAA) may occur due to plaque build-up, or due to genetic factors (family history). Blockages of vessels going to the legs (peripheral arterial disease: PAD), may cause leg discomfort, weakness, ulcers and can lead to amputation.

Screening for these diseases may identify problems before they become serious. Since strokes and aneurysms can occur without warning symptoms, screening may offer the chance to prevent a life-threatening condition. Additionally, many patients with vascular disease also have coronary artery disease. Therefore, identification of vascular disease may influence your physician to more aggressively pursue risk factor modification (such as cholesterol control, quitting smoking), or to evaluate for heart disease.

WHO SHOULD BE SCREENED?

If you have two or more of the following risk factors, vascular screening may be to your benefit.

- Age – over 50
- Smoking
- Diabetes
- High blood pressure
- High cholesterol
- Family history of stroke, abdominal aortic aneurysm or peripheral vascular disease
- Coronary artery disease (prior heart attack and/or angioplasty or stent to heart vessels)

WHO SHOULD NOT BE SCREENED?

- Leg pain or discomfort symptoms
- Known carotid artery disease, abdominal aortic aneurysm or peripheral vascular disease.

Patients with signs or symptoms of the above processes, or with known disease should have diagnostic, as opposed to screening examinations.

A diagnostic examination can be arranged for those with active signs or symptoms, or for follow-up of established disease, by discussing these with a Michigan Heart health-care provider.

Michigan Heart is Pleased to Offer
Affordable and Convenient Preventative Screenings
To Identify Carotid Artery Disease, Abdominal Aortic Aneurysms and PAD

Stroke / Carotid Artery Screening

One way to prevent a stroke is to screen for blockage or plaque build-up in the carotid arteries. Carotid artery screening is safe, quick and painless. We use Doppler ultrasound on the neck to screen for carotid artery disease caused by plaque build-up, which is a common cause of stroke.

If a blockage in the carotid artery is found, it can be treated with diet, exercise, medications, quitting smoking, catheter-based intervention or surgery.

Abdominal Aorta Screening

An abdominal aortic aneurysm (AAA) is a bulging or ballooning at a weak point in the abdominal aorta. Just like stroke, many aneurysms show no symptoms prior to rupture. With the abdominal aorta functioning as the main blood supply for the abdomen and legs, a rupture can be fatal. Our abdominal ultrasound screening is an effective way to detect AAA. Again, this test involves using Doppler ultrasound to scan the abdomen in order for the aorta to be examined and measured.

If caught early these aneurysms can be repaired with catheter-based intervention or surgery.

Peripheral Arterial Disease Screening

Plaque build-up in the legs can restrict blood flow and decrease circulation which can cause cramping, fatigue, and, in extreme cases, non-healing ulcers or amputation. An Ankle Brachial Index (ABI) test screens for PAD by testing the blood pressure in the legs and comparing it to the blood pressure in the arms. An abnormal ABI indicates that blockage is present in the legs. In addition, the American Diabetes Association now recommends ABI screening be performed in patients over 50 years of age who have diabetes, and in patients less than 50 years of age who have additional PAD risk factors.

When diagnosed, PAD can be treated with diet, exercise, quitting smoking, medication, catheter-based intervention or surgery.

Vascular Age / Carotid Intimal Medial Thickness (CIMT)

The CIMT measurement is a simple, noninvasive test that has been shown to detect vascular disease in the asymptomatic patient. During this examination a small amount of gel is placed on your neck and sound waves are used to look at the thickness of the walls of these arteries. This thickness measurement is compared to thousands of people of varying ages, and this thickness defines your vascular age.

If your vascular age matches your chronological age or younger, then you are at lower risk for heart and stroke disease. If it exceeds your chronological age, then it alerts us to be more aggressive at controlling those risk factors associated with heart and stroke disease.

Insurance and Medicare do not typically cover screening programs.

Pricing Information

Carotid Artery / Stroke Screening	\$40
Peripheral Arterial Disease Screening	\$40
Abdominal Aorta Aneurysm Screening	\$40
Carotid Intimal Medial Thickness	\$40 (Ann Arbor office only)

Sign up for 3 screenings and pay only \$99, a \$21 savings.

Sign up for all 4 screenings and pay only \$130, a \$30 savings. (Ann Arbor office only)

Call Michigan Heart for more information or to schedule an appointment.

If a problem is detected during a screening, your physician may then order a complete diagnostic study (which is normally covered by your insurance, and can be performed at Michigan Heart) in addition to any related medical services.

Contact Michigan Heart for more information or to schedule an appointment.

Michigan Heart – Canton 734-398-7575
Michigan Heart – Jackson 517-787-1234
Michigan Heart – Livonia 734-462-3233

Michigan Heart – Ann Arbor 734-712-5200
Michigan Heart – Brighton 810-844-7750