What is an ArterioVision™ CIMT Test?

The CIMT (carotid intima-media thickness) test, or ArterioVision™, is a standardized ultrasound procedure that enables your doctor to safely and non-invasively screen for and monitor atherosclerosis (the underlying cause of heart attack and stroke), even in individuals with no symptoms of heart disease.

ArterioVision™ is a convenient, safe, painless and precise technique for measuring the thickness of the first two layers of the carotid artery located in the neck, the very site where atherosclerosis develops. Wall thickening is the earliest physical indicator of atherosclerosis and heart disease.

Why is CIMT Important?

- About every 26 seconds, an American will suffer a heart attack or stroke, and about every minute someone will die from one.
- 50% of men and 64% of women who die suddenly of heart disease have no previous symptoms of this disease.
- Many individuals who develop heart disease have normal cholesterol levels and lack other biomarkers (indicators) of risk.
- CIMT provides early detection of risk for heart disease.
- CIMT testing motivates you to partner with your doctor in decreasing your risk for a heart attack or stroke. While age, genes, and a family history of heart disease are risk factors beyond your control, you can alter a high-fat diet and lack of exercise, for instance.
- CIMT can be reduced. It measures how lifestyle modifications and therapeutic interventions can decrease your risk for heart disease.
- Research has proven heart disease can be reversed. CIMT testing can help you and your doctor with this process.
- The American Heart Association (AHA) and Adult Treatment Panel of the National Cholesterol Education Program (ATP III) recognize CIMT as a valid, reliable, safe, and noninvasive means for assessing subclinical vascular disease that can be used to further assess a patient’s risk for heart disease.

Frequently Asked Questions (FAQs)

If heart disease is detected, what can I do to prevent a heart attack or stroke?

- In addition to lowering your cholesterol and blood pressure – which often can be accomplished through medication – many risk factors can be addressed. Talk to your doctor about appropriate medications and lifestyle modification, such as: regular exercise, smoking cessation, reduction in dietary fat, stress management, and obtaining your ideal body weight.

Who should have a CIMT test?

Individuals with the following risk factors for vascular disease:
- Family history of heart disease/stroke
- Overweight
- Physical inactivity
- Age 40 & over
- High-fat diet
- Tobacco user
- Elevated triglycerides
- High LDL-C “bad” cholesterol
- Low HDL-C “good” cholesterol
- High blood pressure
- Menopausal
- Diabetic
- Metabolic syndrome
- Steroid use

Is a CIMT test painful? Am I exposed to radiation during the test?

No, absolutely not! The test is painless and non-invasive, with no radiation exposure.

What do I look for when I receive my CIMT test results?

In general the higher your CIMT score, the greater the likelihood of developing symptomatic heart disease. Discuss your results with your doctor in determining how to lower your modifiable risk factors.

How often should I undergo a CIMT test?

Depending upon your condition and current course of treatment, follow-up CIMT testing should be conducted periodically. Your doctor will advise when you should be tested.