

## **CAROTID INTIMA MEDIA THICKNESS (CIMT)**

CIMT is a noninvasive diagnostic test which is performed with a high-resolution B-mode ultrasound transducer. The test is safe, painless and takes about twenty minutes. After applying conducting jelly to the skin over your neck, a small hand-held transducer is applied to image the carotid arteries. The sonographer measures the combined thicknesses of the intimal and medial layers of the carotid artery walls.

CIMT is an independent predictor of future cardiovascular events, including heart attacks, cardiac death, and stroke. A report is generated which tells us your vascular age. If your vascular age matches your chronological age or younger, then you have a lower risk for heart disease. If your vascular age exceeds your chronological age, then it alerts us to be more aggressive at controlling those risk factors associated with heart disease. Importantly, with various therapies, it is possible to achieve regression or slow down progression of the CIMT. A follow-up CIMT is done six months to a year after therapy is initiated to evaluate the effectiveness of those therapies.

There is no preparation for the CIMT. You may need to remove everything from the waist up so it is recommended that ladies wear a two piece outfit. Due to the equipment, confined areas and privacy of our patients, only the scheduled patient will be allowed in the procedure room at the time of the appointment.

The cardiologist will not be present during the time of the examination, but will interpret the study after it is complete. A copy of the physician's report will be sent to your primary care physician. You will also receive a call, either from a member of our staff or through our Medvoice service, with results and further instructions.