

DO YOU HAVE ANY OF THE FOLLOWING RISK FACTORS?

- High Blood Pressure
- Diabetes or Renal Disease
- High Blood Cholesterol
- Obesity
- Cigarette smoking
- Family history of heart disease
- Age over 40
- Physical Inactivity

If so, you should consult your doctor to determine whether a Pulse Wave Analysis assessment would be beneficial.



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Blood Pressure Pulse Wave Analysis



For an appointment
or for further information,
please contact:

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CARDIOVASCULAR HEALTH ASSESSMENT

Simple, painless assessment of arterial
stiffness and cardiovascular status

WHAT IS BLOOD PRESSURE PULSE WAVE ANALYSIS?

Heart disease affects more people than any other disease or illness, and can develop without any symptoms. Some people may not be aware of heart disease until they have a heart attack, stroke or other health problem.

A growing number of cardiovascular risk factors - including diabetes, high cholesterol, smoking, high blood pressure and age - have been linked to heart attack, stroke and heart failure. These risk factors often lead to stiffer arteries, which increases the work that the heart must do.

Blood Pressure Pulse Wave

Analysis assists your doctor in assessing your heart and arteries. Blood pressure measured in your arm is not the same as the blood pressure at your heart. It is the blood pressure at your heart that affects the performance of your heart. Pulse Wave Analysis determines the blood pressure at your heart and gives your doctor valuable information about the interaction between your heart and arteries. This new technique therefore complements the conventional blood pressure cuff and provides additional information on cardiovascular health.



WHAT DO THE MEASUREMENTS MEAN?

Augmentation Index (Alx)

Augmentation Index is a measure of the stiffness of your arteries. High cholesterol, smoking, diabetes, and aging can all cause the arteries to become stiffer. As the arteries become stiffer the heart must work harder to pump blood.

Ejection Duration (ED)

During each heart beat, the heart first contracts to pump blood into the arteries and then relaxes to fill. The Ejection Duration is the time the heart spends pumping. When the heart spends a shorter time than normal pumping there may be problems with the ability to pump enough blood. A longer than normal pumping time may indicate problems with the ability of the heart to relax and fill with blood.

Subendocardial Viability Ratio (SEVR)

When the heart is resting, the heart muscle is supplied with oxygen for energy. When the heart is contracting and pumping, this energy is being used. The SEVR is a measure of the ability of the arterial system to meet the heart's energy requirements. As this ratio decreases, the heart has less energy reserves available and may have a lower tolerance for physical activity.

HOW ARE THE MEASUREMENTS COLLECTED AND USED?

The test is simple and painless, taking only a few minutes to perform.

While you are seated or lying down in a comfortable position, the nurse or doctor will place a pencil-like sensor gently against your wrist and record a blood pressure signal from your pulse. From this recording, the Pulse Wave Analysis system will calculate the pressure waveform at the heart and will provide your physician with cardiovascular measurements such as Alx, ED and SEVR.

Your doctor will use this information to assist with making decisions on whether you need treatment, and if so what treatment options are best for you.

Heart disease can be treated using a combination of diet, exercise and medicines. It is important for your doctor to see how your cardiovascular assessment changes in response to treatment.

WHAT DO I DO NOW?

The first step toward improved cardiovascular health is a understanding your cardiovascular risks. Talk to your doctor about whether you might benefit from Pulse Wave Analysis.

