

— PATIENT GUIDE: AAA ULTRASOUND —

Abdominal Aortic Aneurysm Screening

A quick, painless ultrasound of the aorta in your abdomen — detecting life-threatening enlargements before they rupture.

WHAT IS AN AAA SCREENING?

The aorta is the largest artery in your body, running from your heart through your chest and abdomen. An abdominal aortic aneurysm (AAA) is a dangerous bulging or ballooning of the aorta wall.

If an AAA ruptures, it is a life-threatening emergency with an 80% mortality rate. The good news: it is easily detected by ultrasound — and when caught early, can be monitored or surgically repaired before rupture.

WHAT CONDITIONS DOES IT DETECT?

- Abdominal aortic aneurysm (enlarged aorta greater than 3 cm)
- Aortic enlargement or dilation — early warning before full aneurysm
- Atherosclerotic changes in the aortic wall
- Aortic thrombus (clot within the aorta)

WHO SHOULD BE SCREENED?

The U.S. Preventive Services Task Force (USPSTF) recommends one-time AAA screening for men aged 65–75 who have ever smoked. However, risk extends to many others:

- Men and women over 60 with a family history of AAA
- Anyone with high blood pressure, atherosclerosis, or peripheral artery disease
- People who smoke or have a history of smoking
- Anyone with known aortic dilation who needs monitoring

WHY PHYSICIANS RELY ON THIS TEST

AAA has no symptoms until it ruptures — which is why it is called a "silent killer." Ultrasound is the only non-invasive, radiation-free way to screen for it. The scan takes less than 15 minutes and requires no contrast dye or special preparation.

HOW TO PREPARE

- Fast for 4–6 hours before the scan (water is fine) — this reduces intestinal gas that can obscure images
- Wear loose, comfortable clothing that allows abdominal access

- Avoid carbonated beverages the morning of the scan

YOUR RESULTS

Dr. Gandelman reviews aortic diameter measurements and provides a clinical interpretation with recommended follow-up interval (if any enlargement is detected) within 24–48 hours.

PRICING

- Individual scan: \$397
- Included in: Comprehensive Vascular Package (\$1,797), Comprehensive Cardiovascular Package (\$2,197)

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