

— PATIENT GUIDE: CAROTID ARTERY SCREENING —

# Carotid Duplex Ultrasound

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A detailed ultrasound of the carotid arteries in your neck — measuring plaque buildup and blood flow to assess stroke risk.

## WHAT IS A CAROTID DUPLEX ULTRASOUND?

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The carotid arteries run along each side of your neck and supply blood to your brain. A carotid duplex ultrasound uses sound waves to visualize these arteries and measure blood flow through them.

This test includes Intima-Media Thickness (IMT) measurement — a precise measurement of artery wall thickness that is one of the earliest detectable signs of cardiovascular disease.

## WHAT CONDITIONS DOES IT DETECT?

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- Carotid artery stenosis (narrowing from plaque buildup)
- Atherosclerosis — hardening and thickening of artery walls
- Blood clots in the carotid arteries
- Increased IMT — early marker of cardiovascular risk before symptoms appear
- Turbulent or reduced blood flow to the brain

## WHY PHYSICIANS RELY ON THIS TEST

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Stroke is the fifth leading cause of death in the United States. Up to 15% of strokes are preceded by a TIA (transient ischemic attack) — a warning sign. Carotid stenosis is a primary, preventable cause of stroke.

The American Heart Association recommends carotid IMT measurement as a tool for cardiovascular risk assessment in intermediate-risk patients. Physicians use this data to guide decisions about medication, lifestyle change, and monitoring frequency.

## WHO SHOULD CONSIDER THIS SCAN?

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- Anyone over 50, especially with high blood pressure or cholesterol
- People with diabetes, a family history of stroke, or who smoke
- Anyone who has experienced dizziness, vision changes, or weakness on one side
- Patients whose physician has noted a carotid bruit (abnormal sound)

## HOW TO PREPARE

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- No special preparation required

- Wear a top with a low or open neckline for easy neck access
- Avoid tight necklaces or scarves on the day of the scan

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#### **YOUR RESULTS**

Dr. Glenn Gandelman MD FACC reviews every carotid study and provides a written report including degree of stenosis (if any), IMT measurements, and clinical recommendations — delivered by email within 24–48 hours.

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#### **PRICING**

- Individual scan: \$397
- Included in all BlackPoint packages — Stroke Prevention (\$697), Heart Failure (\$1,097), Diabetic Complication (\$1,097), Comprehensive Vascular (\$1,797), Comprehensive Cardiovascular (\$2,197)

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*This guide is for informational purposes only and does not constitute medical advice, diagnosis, or treatment. Always consult your physician regarding your specific medical situation.*