

Who should get tested?

The American Heart Association recommends C-IMT for all patients over 45 years of age. In addition, this test is recommended for patients younger than 45 with one or more of the following cardiovascular risk factors:

- Family History of Cardiovascular Disease
- Obesity
- Sedentary Lifestyle
- Diabetes
- Tobacco Use
- High Blood Pressure
- High “Bad” (LDL) Cholesterol
- Low “Good” (HDL) Cholesterol
- Elevated Triglycerides

“Half of heart attacks occur in patients with normal cardiovascular check-ups.”

— Akosah et al, *Journal of the American College of Cardiology*

Know the facts

- Every 20 seconds, a person in the United States has a heart attack
- Since 1900, cardiovascular disease has been the #1 killer in the United States for every year but 1918
- At least 250,000 people die of heart attacks each year before they reach a hospital
- Stroke is the 3rd largest cause of death, ranking behind heart disease and cancer
- Strokes can and do occur at ANY age



“Prevention makes the heart grow stronger”

The Boone Heart Institute is a Denver-based health care organization dedicated to the eradication of heart disease and stroke. Led by Jeffrey L. Boone, MD, the Boone Heart Team leads the way in preventive cardiology with their proactive approach. As a complement to your primary medical team, or your physician, Dr. Boone and his team work to define your risk for heart disease and stroke before you know anything is wrong, then eliminate that risk before any damage is done.

BOONE HEART INSTITUTE

On A Mission to Eradicate Heart Disease and Stroke

950 E. Harvard Ave., Suite 650
Denver, CO 80210

Phone: (303) 762-0710

Fax: (303) 806-9533

info@booneheart.com

www.booneheart.com

You exercise
You eat right
You take your vitamins
You go to the doctor
Your cholesterol is perfect

**Heart Disease
DOESN'T CARE**

C-IMT TESTING

A Ten Minute Test To Save Your Life.



What is C-IMT?



Predictor of Heart Disease & Stroke



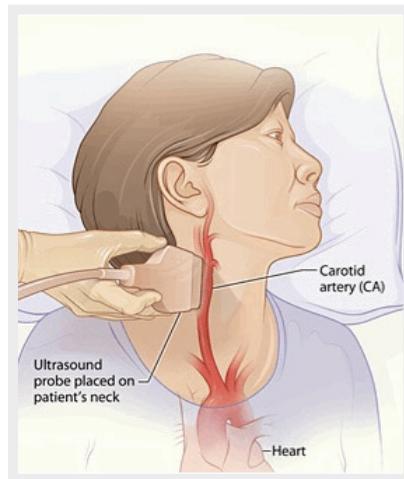
Quick, Painless and Convenient



American Heart Association Approved

The C-IMT Test uses ultrasound imaging to measure the thickness of the inner lining of the carotid artery, where vulnerable “hot” plaque can grow. C-IMT is an independent predictor of risk for heart disease and stroke. Your results will give your doctor a window into your entire cardiovascular system.

This test also detects plaque buildup in the carotid arteries. Visible carotid plaque is a significant marker of heart disease throughout your body. In addition, plaque buildup in the carotid arteries—which supply blood to your brain—can cause problems that lead to stroke. 70% of stroke victims have plaque in a carotid artery.



What does it tell me?

Carotid Intima Media Thickness

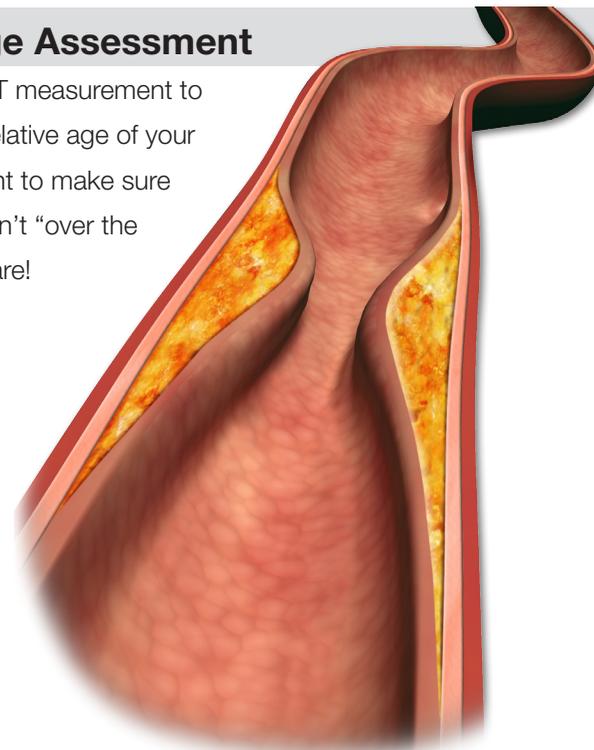
A measurement of the thickness of the interior lining of your carotid arteries. A thick C-IMT measurement is a precursor to plaque build-up, heart attack and stroke.

Carotid Plaque Assessment

An analysis of the presence of plaque in your carotid arteries. Visible carotid plaque can be life-threatening if untreated. Softer plaque is more vulnerable to fracture than hard plaque, and therefore, more dangerous. Carotid plaque independently predicts cardiovascular risk.

Arterial Age Assessment

Uses your C-IMT measurement to determine the relative age of your arteries. We want to make sure your arteries aren't “over the hill” before you are!



Using the results

Treatment

Your physician will use these results to begin aggressively treating your cardiovascular risk factors. C-IMT allows us to find and treat cardiovascular disease before it becomes life threatening.

Turning back the clock

Plaque build up can cause your cardiovascular system to age more quickly than it should. At age 52, Jeff B's arterial age was measured at 74. Concerned with this finding, he changed his lifestyle, went on daily antioxidants and followed his doctor's recommendations. Follow-up C-IMT testing measured his improvement.

Jeff B's C-IMT Case Study (actual results)

Year	Chronological Age	Arterial Age	C-IMT
2004	52	74	0.881 mm
2007	54	61	0.766 mm
2009	58	52	0.704 mm

With proper therapy, C-IMT scores can be dramatically improved. Annual C-IMTs can keep you posted about what's going on in your body.

**Heart disease doesn't wait,
and neither should you!**

Talk to your doctor today about C-IMT testing