

AHA Scientific Statement

Prevention Conference V Beyond Secondary Prevention : Identifying the High- Risk Patient for Primary Prevention : Executive Summary

Sidney C. Smith, Jr, MD; Philip Greenland, MD; Scott M. Grundy, MD, PhD

Conclusions:

"Carotid artery B-mode ultrasound imaging is a safe, noninvasive, and relatively inexpensive means of assessing subclinical atherosclerosis. The technique can measure IMT, an operational measure of atherosclerosis, in a valid and reliable manner. The severity of carotid IMT is an independent predictor of transient cerebral ischemia, stroke, and coronary events such as myocardial infarction. The writing group concluded that in asymptomatic individuals older than 45 years of age, carefully performed carotid ultrasound examination with IMT measurement can add incremental information to traditional risk factor assessment. In experienced laboratories, this test can now be considered for further clarification of CHD risk assessment."