

Vascular Check



About NIIM's Vascular Check

The Vascular Check is a screening tool that can measure your arterial stiffness, which is a risk factor for a range of cardiovascular conditions. Flexible arteries are essential for optimal cardiovascular health - when arteries are more elastic, blood can flow freely and supply more oxygen to cells and tissues. NIIM's Vascular Check can provide insights into the health of your arteries.

Introducing lifestyle changes and certain supplements could have a beneficial impact on overall health and well-being. The first step is to get tested to measure your baseline.

- Quick & Painless
- Immediate Results
- Personalised Health Insights

How Does it Work?

NIIM's Vascular Check tests Pulse Wave Velocity to establish your arterial stiffness. Pulse Wave Velocity (PWV) is the speed of the blood travelling through your arteries measured by distance over time (m/s). A higher number means your blood is travelling faster, which means your arteries are stiffer. A lower number means your blood is travelling slower, which means your arteries are more flexible, which is the preference.

PWV or arterial stiffness naturally increases with age. This vascular check will compare your PWV/arterial stiffness against the population average within your age group.

What is Arterial Stiffness?

Arterial stiffness refers to an abnormal stiffening in the walls of arteries, a consequence of biological aging, and can lead to arteriosclerosis. Arteriosclerosis is a generalised thickening and stiffening of the arterial wall, is related to inflammation and can lead to high blood pressure, or hypertension. When arteries are stiff, the blood travels faster and the heart has to work harder to send oxygen into cells and tissues in the body. Very stiff arteries are a risk factor for heart attack and stroke. Flexible arteries are linked to improved cardiovascular health, aerobic fitness and muscle recovery after exercise.



Interpretation of Mobil-O-Graph results

At NIIM, we use the Mobil-O-Graph device to measure arterial stiffness, which is similar to a blood pressure check.

Green

This is a good result as the person's vascular health is within the healthy range for people of the same age.



Low Yellow

A 'low yellow' result indicates that there is room for improvement. Your GP may recommend some changes you can implement to help improve your result and reduce your risk of developing heart conditions.



High Yellow

A 'high yellow' result indicates that a person may be at risk of cardiovascular conditions (such as heart attacks and/or strokes), if their arterial stiffness isn't improved.



Red

A 'red' result indicates a risk factor for cardiovascular events such as heart attacks and strokes and it is important that these are addressed. If the result is red, the test will be repeated.



To Take the Vascular Check

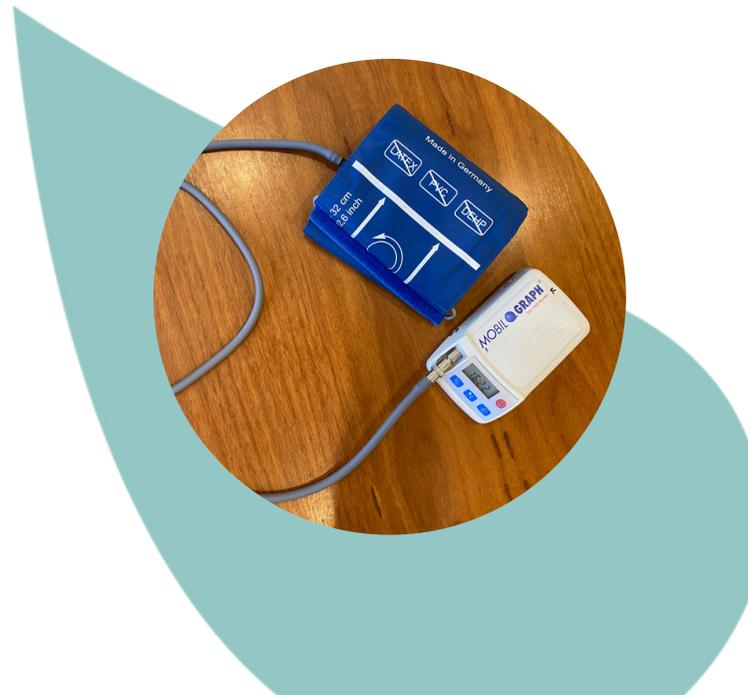
Please contact research@niim.com.au to book the Vascular Check.

Preparing for the Test

No coffee, caffeine or a big meal within 2 hours prior to taking the test.

After the Test

We recommend that you attend a follow up appointment with a NIIM clinician to discuss your results. Lifestyle changes including increased exercise, reduction of harmful substances (alcohol, smoking), reducing sugar, minimising stress, introduction of supplements and diet adjustments may assist in lowering your arterial stiffness. Your GP will guide you on which changes best suit your circumstances.



NIIM Clinic

Our clinic in Hawthorn provides an exemplary team of integrative general practitioners, allied and complementary health practitioners.

Our clinicians utilise innovative therapies together with the latest in screening and treatment tools, for the ultimate in healthcare. Practitioner profiles, including professional background and special interests and information on all services can be viewed via our website.

NIIM Research

The NIIM Research Department was established in 2012 to conduct research into the safety and efficacy of complementary medicines, as well as emerging treatments and technologies. NIIM works with a network of valued local and international partners, such as charitable foundations, universities, academic institutions and other organisations. The Institute conducts research in many areas including cancer, heart health, cognition, chronic diseases, and mind-body medicine. NIIM is proud to contribute to the growing scientific evidence base showing that the integrative medical approach supports the treatment of complex illnesses and also improves general health and wellbeing.



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