

What is CIMT Screening?

CIMT (Carotid Intima-Media Thickness) risk assessment screening is a safe, non-invasive ultrasound test to identify people who are at high risk of heart attack and stroke.

CIMT is just one aspect of cardiovascular risk. There are many other factors that may also contribute to cardiovascular risk.

The goal of CIMT Screening

The goal of CIMT Screening is to detect early atherosclerosis (hardening of the arteries) that leads to heart attack and stroke because of the following facts:

1. Heart attack is the number one killer of men and women in the United States. Stroke is number five.
2. Heart attack and stroke may be prevented when atherosclerosis is treated in the early stage.

Take Action.

Be Proactive with your Health.

Who benefits from having a CIMT Screening?

You can benefit from the screening if you are 40 to 70 years old, do not know if you have vascular or heart disease, and have any of the following risk factors:

- High blood pressure
- Lipid disorders
- Diabetes
- Overweight or obese
- Smoker or a history of smoking
- First degree relative with premature cardiovascular disease (men<55, women<65)

Advantages of CIMT Screening

- Very early detection
- Non-invasive
- No needles
- No discomfort
- No exposure to radiation
- No injection of contrast agents
- No risk for allergic reaction

Cost for CIMT Screening

- **FREE TO EMPLOYEES AND FAMILY MEMBERS OF WFHS OR NCBH ENROLLED IN MEDCOST HEALTH PLAN WHO MEET THE RISK CRITERIA. MedCost Insurance will be filed for 100% coverage.**
- \$275 to those whose insurance does not pay for the screening.

How is CIMT Screening done?

Allow 45 minutes for your visit; it takes about 30 minutes to complete the scan. As you lie on your back, a small amount of gel is applied to the neck and an ultrasound probe is lightly placed on each side of your neck to evaluate the right and left arteries.

How are CIMT Screening results reported?

If you are referred by a healthcare provider, the report is sent to your provider within two weeks and your provider may contact you about the results.

If you are NOT referred by a healthcare provider, a letter outlining your results is sent to you within two weeks.

Where is CIMT Screening offered?

WARD A. RILEY
ULTRASOUND CENTER
PIEDMONT PLAZA II
SUITE 504

How to schedule your CIMT Screening?

To schedule an appointment or to find out more information about the free screening, please call the Ward A. Riley Ultrasound Center.

336.716.0644

Wake Forest Baptist Medical Center
Department of Neurology
WAR Ultrasound Center
2000 West 1st Street
Piedmont Plaza II, Suite 504
Winston-Salem, NC 27104

Email: waruc@wakehealth.edu

How should you prepare for the CIMT Screening test?

ECG leads will be attached to your chest for the examination, so consider appropriate clothing such as a shirt with buttons in the front. Examination gowns are available if needed.

Directions to the Ward A. Riley Ultrasound Center

Major Highway Access Routes



From Business I-40 exit at Stratford Rd. North:

- (Westbound) Exit 3C: Right at end of ramp
(Eastbound) Exit 3B: Left at end of ramp
- At second stoplight, proceed straight through the five-point intersection.
- Piedmont Plaza II is first building on right after crossing intersection.
- Capital Bank is located on the first floor of Piedmont Plaza II building, and the Ward A. Riley Ultrasound Center is on the fifth floor. When you enter the building, take one of the elevators to the fifth floor. Turn left as you exit the elevator. You will be at Suite 504.

Directions to the Ward A. Riley Ultrasound Center from the Medical Center

- **Shuttle service:**
Shuttle buses run regularly between patient admission area at the Medical Center and Piedmont Plaza II.
- **Driving directions:**
 - Exit from the main parking garages (A & B)
 - Turn **R** onto **Medical Center Blvd.** (go 0.12 mi)
 - Turn **L** onto **Cloverdale Ave.** (go 0.13 mi)
 - Turn **R** onto **Miller St.** for 1/3 mile
 - Arrive at **Piedmont Plaza II**, on the **R**

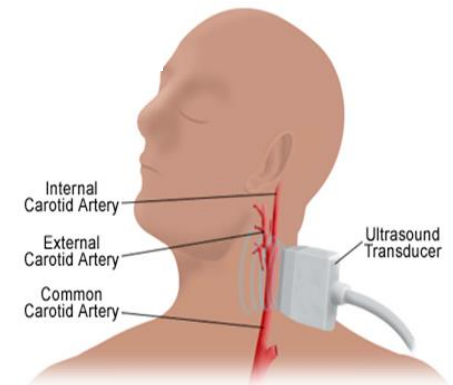
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FREE

Do you know your risk for Heart Attack and Stroke?

SCHEDULE A CIMT RISK SCREENING

Be proactive with your health



 **Wake Forest®**
Baptist Medical Center