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8TH CARDIOVASCULAR NURSING & NURSE PRACTITIONERS MEETING

Detection of subclinical atherosclerosis to guide prophylactic medical intervention

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The objective of this talk will be to discuss subclinical atherosclerotic cardiovascular disease (ASCVD) detection using B-mode ultrasound, with special emphasis on the incremental value of performing imaging in multiple peripheral arteries, and to compare imaging findings with traditional risk factors for medical intervention eligibility. A simplified metric of atherosclerotic disease burden (FUster-Narula or FUN Score) has been developed from 3D imaging data by summing intima-media volume (IMV) over 5cm arterial segments. Effectiveness of ASCVD prevention guidelines to direct therapy will be compared to results from direct imaging. Data from two North American clinics (n=481, mean age 59.68±11.95, 39% female) showed that 203 subjects (42%) had carotid plaque; 82% of whom would not have qualified for lipid lowering therapy under the ATP III Guidelines. Using the recently published ATP IV Guidelines, 33% of the individuals with carotid plaque would also have failed to qualify for treatment. It will be shown how B-mode ultrasound examination improves identification of individuals who could be targeted for prophylactic medical intervention as an adjunct to traditional risk factor assessment.

Biography

Ram Bedi is an Affiliate Assistant Professor at the Bioengineering Department, University of Washington, Seattle and serves on the Screening Committee of WINGS, a non-profit angel network that facilitates seed and early stage investments for medical technology companies in Washington State. His professional interests include development of ultrasound based instruments for the detection of subclinical atherosclerosis and neovasculature associated with tumors. He has provided engineering consulting services to leading firms engaged in industrial and medical applications of ultrasound for over 25 years. He completed his PhD in Electronics Engineering at the University of Wales, UK and is an executive MBA at the University of Washington, Seattle.

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