We are making the arteries visible

VASC AGE NET

3 How do vascular ageing measures relate to chronological ageing?

Vascular age may be very different to chronological age.

1 What is vascular ageing and why should I care?

Vascular ageing involves arterial degeneration and hardening that impairs vascular function. Vascular ageing leads to target organ damage in the heart, brain and kidneys and is an independent risk factor for cardiovascular disease and mortality.

4 Who benefits most from measuring vascular ageing?

Everyone, but in particular patients at intermediate risk and with special conditions who may benefit more from risk reclassification in their clinical and therapeutic management.

2 How can I measure vascular ageing and what does vascular ageing add to established biomarkers in the clinic?

Vascular aging can be estimated by isolated or integrated measures of morphological (structural) and functional (mechanical) properties and may improve cardiovascular risk prediction.

5 Why do some people show early vascular ageing compared to others?

Early vascular ageing may be due to genetics, early life programming including the preconception period, poor diet, inactivity and risk factors such as hypertension, hyperlipidemia, diabetes or obesity.

6 How can I modify vascular ageing?

Vascular ageing can be delayed or attenuated by adopting a healthy lifestyle including regular exercise, weight loss, smoking cessation, stress management or taking prescribed medication to manage risk factors.

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