

# We are making the arteries visible



## Why do some people have older arteries compared to others?

Many factors can contribute to early vascular ageing, such as genetics, having an unhealthy diet, sedentary lifestyle or high stress levels.

## What is vascular ageing?

Vascular ageing is how your blood vessels change as you age. Early vascular ageing increases risk for heart disease, stroke and premature death.

## Can I modify vascular ageing?

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



Your arteries function as your body's own river network to feed your body's "ecosystem"

## Can I measure vascular ageing and does it help estimate my risk for heart disease and stroke?

Yes, vascular ageing can be measured by a doctor or researcher and tells you how healthy your arteries are and may help in estimating your risk.

## Should I measure my vascular age?

Everyone may benefit from the measurement of vascular ageing. Especially people with risk factors such as high blood pressure, diabetes, obesity, smokers or people who are sedentary.

## How does my vascular age compare to my actual age?

Your arteries may be younger, older or the same age as you.