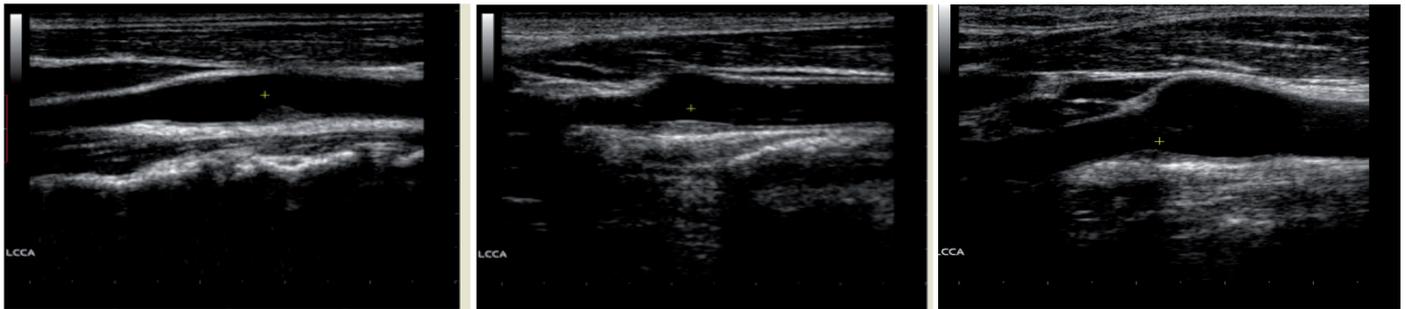


Subclinical Atherosclerosis and Cardiovascular Risk Factors: Ten Years of Experience with IMT Plus® in the Netherlands.

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Conclusion:

The benchmark of ten years of IMT Plus® results in the Netherlands with the US shows a picture with the same percentile of IMT Plus® category A (normal risk), but a greater number of category B (25% increased risk) and a smaller amount of category D (100% increased risk) and category E (200% increased risk) in the Netherlands. The US still leads in the extent and severity of Subclinical Atherosclerosis but the Netherlands is rapidly catching up.



Purpose:

Atherosclerosis has become a global disease and risk factor mitigation has been a priority in counties like the Netherlands. It seems of interest to assess the impact of this new approach on cardiovascular subclinical atherosclerosis and cardiovascular risk factors.

Methods:

We used the quantitative standardized sonographic carotid intima media thickness and plaque formation (IMTplus®). IMT plus® distribution was done in accordance with the previously published protocol. (A being a value lower than the P50, <0.700 mm; B being a value between P50 and P90, 0,700 and 0,850 mm; C being a value between P90 and P125, 0,851-0,948 mm ;D being P125 and P200 with values between 0,948 -1,300 mm and an E value above P200 >1,300 mm; P means percentile). Normal values derived from the published Prevention Concepts® Database.

Results:

Category	A	B	C	D	E
N=18.703 (NL) mean age 53 yr, 60% men	2685 (14,4%)	6425 (34,4%)	6600 (35,3%)	2372 (12,7%)	571 (3,0%)
N= 39.894 (US) mean age 50 yr, 49% men	6001 (15%)	10403 (26%)	13199 (34%)	7888 (19%)	2403 (6,0%)

