

WHAT IS IT?

Vascular aging refers to the health of your small and medium arteries. They are usually the first to show signs of damage, and the first to show improvement.

CAUSES:

This is caused by endothelial dysfunction. Causes of the dysfunction can be: decreased nitric oxide, elevated glucose, h-CRP, high blood pressure, decreased Vit. D3 and K2, to name a few.

WHAT ARE THE RISKS?

Endothelial dysfunction is a well-established precursor to the development of *atherosclerotic plaque* and eventually *cardiovascular disease*.

