

CAUSE:

Age, poor diet, inactivity, Vitamin C deficiency, Calcium or plaque build-up can all contribute to vascular stiffness

WHAT IS IT?

Vascular Stiffness in this test refers to the *stiffness in the aorta*, and may give an indication of central aortic systolic pressure.

WHAT ARE THE RISKS?

Arterial Stiffness can be detected by measuring pulse wave velocity.

If the PWV is too fast this indicates stiffness. This is a strong indicator of *coronary heart disease* and *stroke*.

