



## Press Summary: Arterial Stiffness Index (ASI)

HealthYes! Public Relations Group has proactively gathered relevant Statistics, Warning Signs, Risk Factors & Disease information on [Arterial Stiffness Index](#) or [ASI](#), and summarized it below. The information provided is designed to aid medical reporters when completing their due diligence and authoring [articles](#) or [news stories on HealthYes!](#) and [cardiovascular disease](#) in public media. Our hopes are that by building awareness via the media, a more informed and healthy community will result.

- Disease Information
  - Arterial Stiffness is a consequence of aging and [atherosclerosis](#). The two leading causes of death in the developed world are [heart disease](#) and [stroke](#). Both are direct consequence of [atherosclerosis](#). Increased [arterial stiffness](#) is associated with an increased risk of cardiovascular events.
  - Other common terms: [ASI](#)
  
- Statistics
  - By 2010 cardiovascular disease will be the leading killer in the developing world and represent a major global health problem. (Source: World Health Organization)
  - Heart Disease and Stroke are both direct consequences of atherosclerosis. (Source: American Heart and Stroke Associations)
  - Full Medical Bibliography on [Arterial Stiffness Index for Cardiovascular Disease](#)
  
- Warning Signs
  - None
  
- [Atherosclerosis](#) Risk Factors
  - Controllable Risk Factors:
    - High cholesterol
    - High blood pressure
    - Smoking
    - Diabetes
    - Eat a heart healthy diet
    - Lack of exercise and physical activity
    - Limit alcohol
  - Uncontrollable Risk Factors:
    - Age: risk of [atherosclerosis](#) increases with age
    - Gender: more men die of [atherosclerosis](#)
    - Family history: risk of [atherosclerosis](#) is greater if a parent or sibling has had [atherosclerosis](#)

For more information on [ASI](#), [Arterial Stiffness Index](#) or [atherosclerosis](#), or to request a press kit, please contact our Director of Communications by phone at 1-800-555-9190 or by email at [PR@HealthYes.com](mailto:PR@HealthYes.com).