

What is FMD? & What is offered?

- **FMD stands for FLOW MEDIATED DILATION**
 - A non-invasive measurement of endothelial function using ultrasound
 - FMD is endothelium dependent nitric oxide mediated dilation of the arteries in response to an imposed increase in blood flow & shear stress
- **FMD Protocol by CAI:**
 - Baseline images taken
 - Inflation using a cuff for 5 minutes (cuff placed right below the elbow)
 - Reactive Hyperemia Images (taken at 1-, 2-, and 3-minutes post cuff deflation)
 - Baseline and hyperemic flow measured
 - Can be done Brachial (upper arm) or Femoral (upper thigh)
 - Nitro-Mediated Dilation also offered
 - FMD Analyzing offered using the MIA- Brachial Analyzer program
 - GE Vivid-Iq Ultrasound machine used to perform FMD

