

Carotid Doppler

A carotid doppler assesses the flow of blood through your carotid arteries. This painless and non-invasive test helps doctors:

- See if your carotid arteries are narrowed: Plaque buildup, a common part of aging, can narrow these arteries, making it harder for blood to reach your brain.
- Measure blood flow: The doppler can measure the speed and strength of blood flow, giving doctors clues about any potential blockages.
- Detect early signs of stroke: If there's a significant narrowing or blockage, it can be a sign of an impending stroke. By catching it early, doctors can take steps to prevent it.

So, what happens during a carotid doppler? Here's a quick rundown:

1. You lie comfortably on a table.
2. A technician applies a gel to your neck and gently places a probe (like a small wand) on your skin.
3. The probe sends sound waves into your carotid arteries.
4. These waves bounce off the blood cells and return to the probe, creating a picture of the blood flow.
5. The technician can see the images on a screen and listen to the sound waves, which can reveal any abnormalities in blood flow.

Usually, the test takes about 30 minutes and doesn't require any preparation.

Here are some things to remember about carotid dopplers:

- They are safe and painless with minimal side effects.
- They are a valuable tool for preventing strokes and managing cardiovascular health.
- Don't hesitate to ask your doctor any questions you have about the test or its results.