Carotid Ultrasound Update Indications, Directions, Applications

Charles H. Tegeler, MD Professor and Chair, Department of Neurology McKinney-Avant Chair in Neurosonology Director, Ward A. Riley Ultrasound Center Medical Director, Neurosonology Lab Wake Forest School of Medicine

"Overhead Radiance" Courtesy of Dr. Renee Healing Art Carotid Ultrasound Update Indications, Directions, Applications

- Indications
- Beyond standard color duplex
 - Technology/techniques
 - Small/portable/hand-held; SonoCT; 3D; Contrast; Volume flow measurements
 - Applications
 - Stents; Thyroid; Jugular/venous; IMT
- Principles in practice

Disclosures: None

CEA Specimen: ICA Plaque



Carotid Ultrasound Clinical Imperatives

- Carotid/Vertebral disease is the most commonly identified stroke mechanism
- Carotid/Vertebral atherosclerosis/stenosis is marker of increased stroke risk
- Established surgical benefit for tight symptomatic carotid stenosis (NASCET) and tight asymptomatic stenosis (ACAS, ACST)
- Established benefit for stenting

Carotid/Vertebral Ultrasound Clinical Decision-Making

- Carotid ultrasound now part of initial vascular evaluation for patients with Stroke or TIA, or at risk for the same.
- Safe, accurate, portable, relatively less expensive, and readily available.
- If CUS negative, usually don't pursue
- Ideal for serial follow up for progression

Carotid/Vertebral Ultrasound Clinical Questions to Answer

- Is any carotid stenosis present?
- If so, where, what is the distribution, how bad is it, and is it accessible?
- Most Rx decisions still made based on hemodynamic effect (% stenosis)
- Plaque features can influence decision

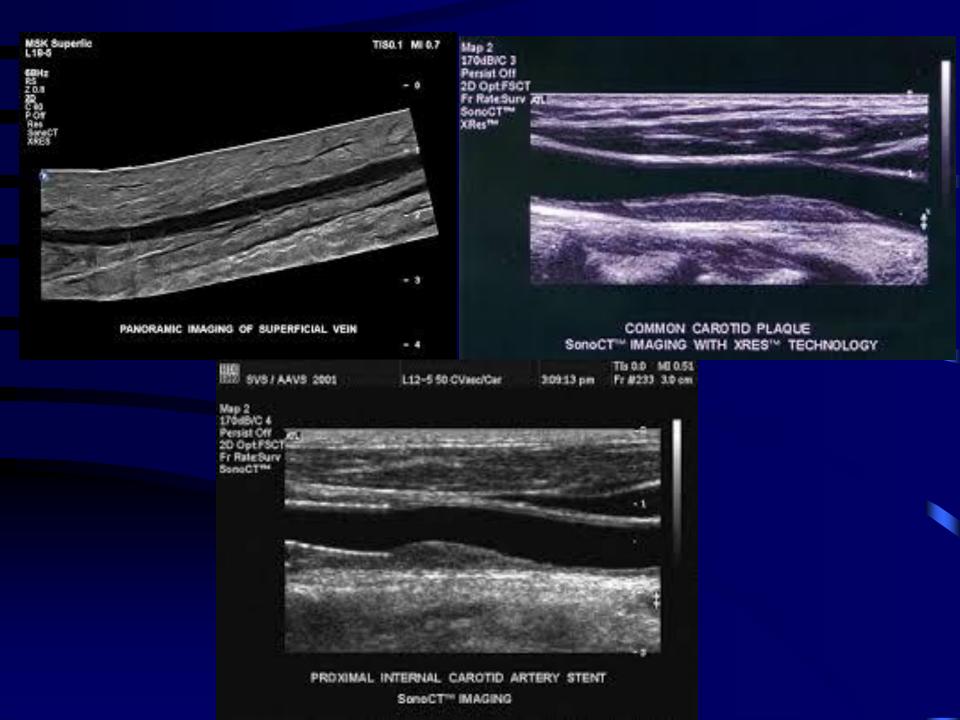
Carotid Ultrasound Indications

- Stroke, TIA, Cerebral ischemia
- Bruit evaluation (Sx or Asx)
- Serial follow up of CVD
- Pre-op study, or perioperative in CEA
- Pulsatile neck masses/abnormal structures
- Many others
- High risk groups for CS or stroke/screening?

"Focus" Courtesy of Dr. Renee Healing Art

SonoCT

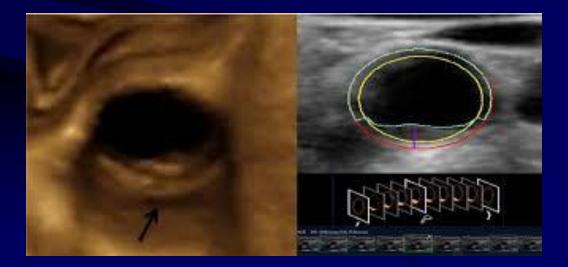
- Challenge of limited width of view on B-mode imaging
- Difficult to fully appreciate the entire vessels, disease/extent of lesion (like blind man touching an elephant)
- Technology can stitch images together to provide wide views of vessels



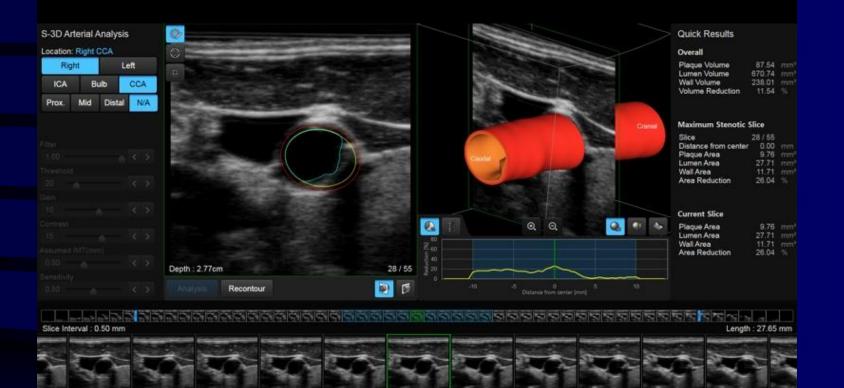
3D Carotid Ultrasound

- Of interest for decades; not practical
- More feasible with improved technology
- Potential benefits:
 - Plaque volume, better measure of progression
 - Plaque surface, ulceration
 - Surgical/IR planning
- Not widely available, not reimbursable, but established capability and great promise





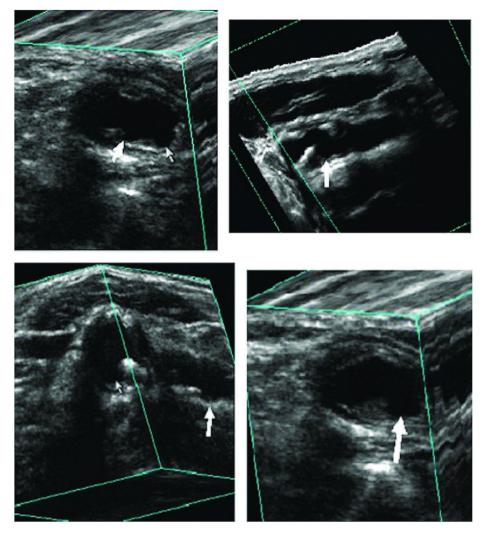
RS80A



< Caudal

Cranial >

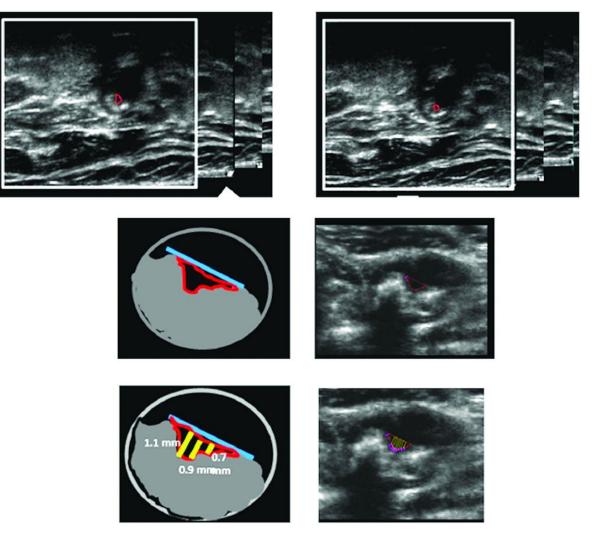
Number of carotid ulcers.



J.D. Spence AJNR Am J Neuroradiol 2017;38:E34-E36



Measurement of ulcer volume and ulcer depth.



J.D. Spence AJNR Am J Neuroradiol 2017;38:E34-E36

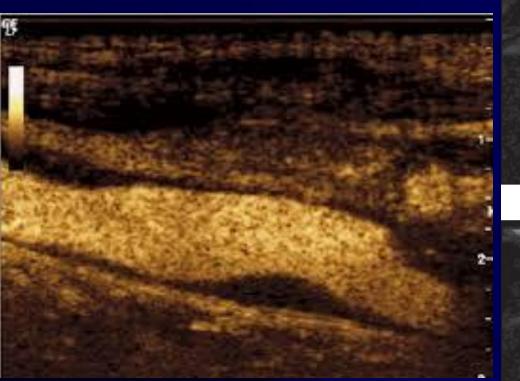


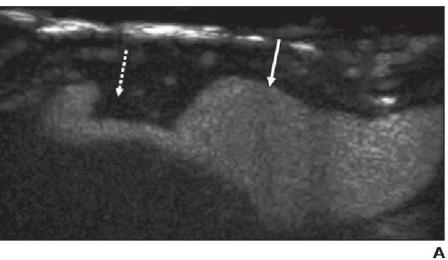
Contrast Carotid Ultrasound

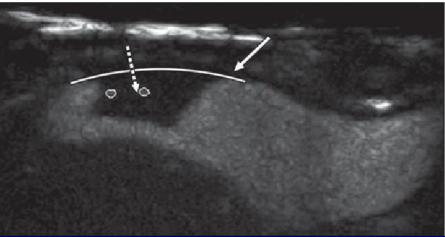
- Long anticipated
- Commercially available (not agitated saline)
- Improved visualization
 - Defining structures
 - Surface features
 - Plaque blood supply/vulnerability
- Not reimbursable, not yet widely used, but great potential to identify highest risk, vulnerable plaques

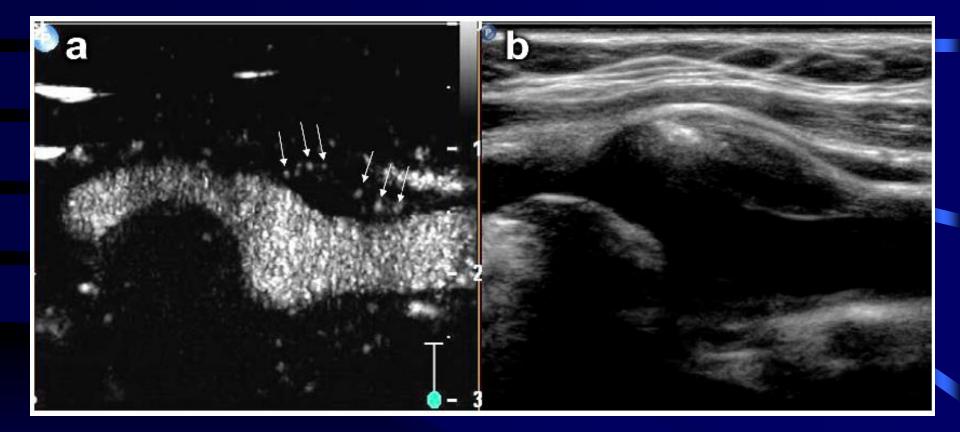
B-Flow Imaging

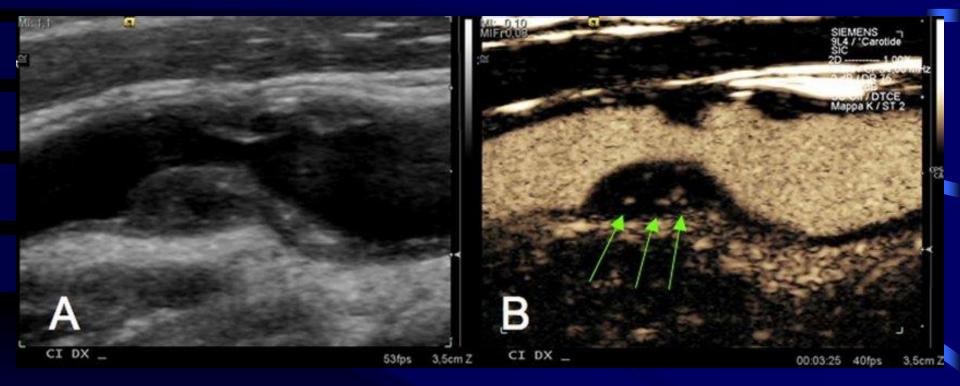








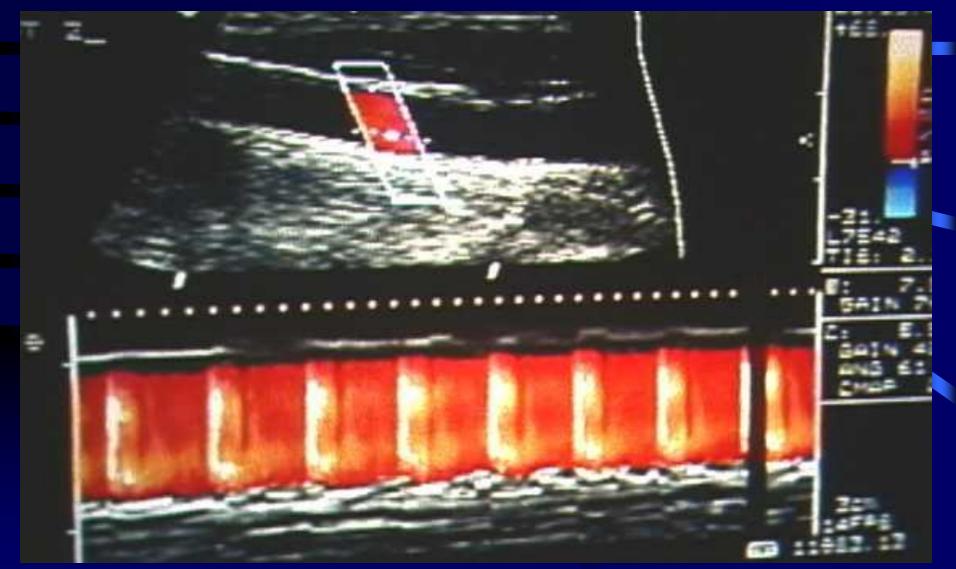




"Compartments" Courtesy of Dr. Renee Healing Art Carotid Protocol & Techniques Ancillary Methods – Volume Flow

- Velocities alone can be deceiving
- Volume flow key to hemodynamic view
- Early work with Color Velocity Imaging Quantification, Philips Ultrasound Int.
- Time domain processing, m-mode display, velocity profile, and flow lumen over time.
- Doppler-based volume flow now available on most instruments

CCA VFR with CVI-Q



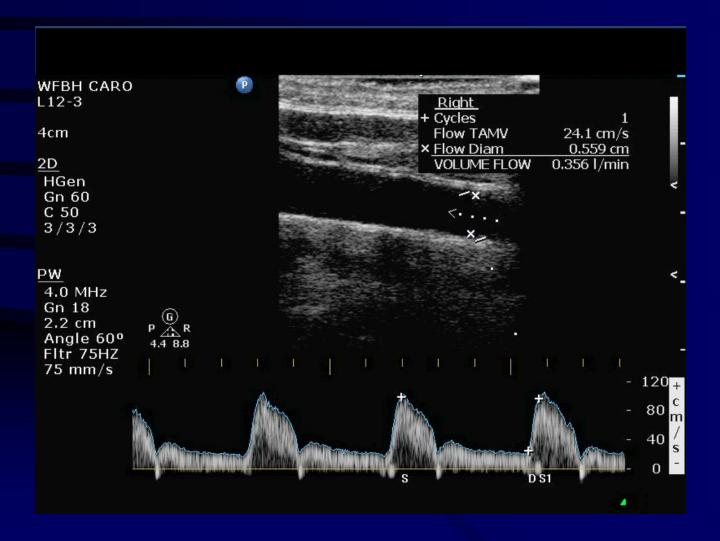
Carotid Protocol & Techniques Ancillary Methods – Volume Flow

- Best access and accuracy for CCA, less for ICA, and even less for vertebral
- Predictable changes with both ipsilateral and contralateral stenosis/occlusion.
- VFR drops with severe ipsilateral distal disease, increases contralateral (if disease not bilateral), if intracranial collaterals normal

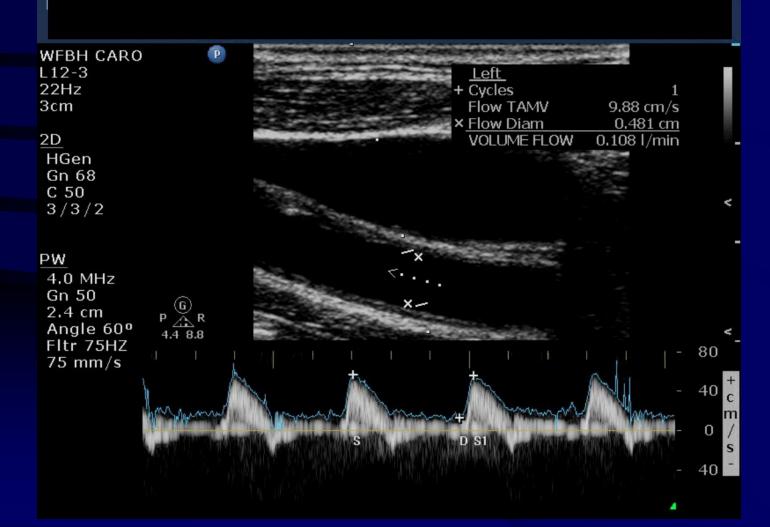
Carotid Stenosis & VFR



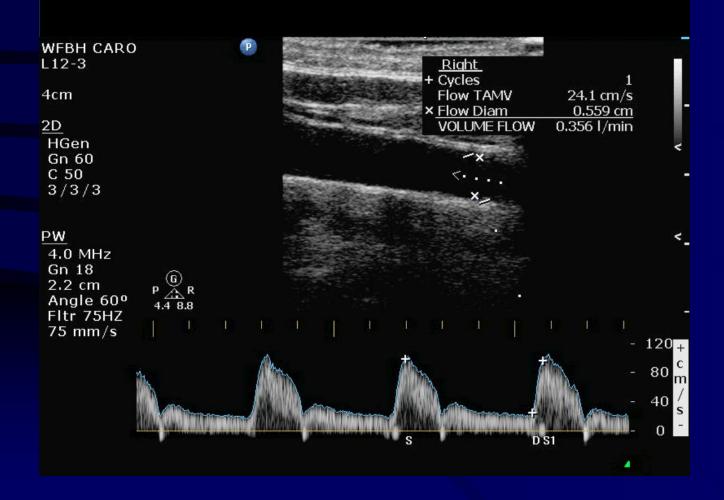
Volume Flow Measurements



CCA Volume Flow Distal Occlusion



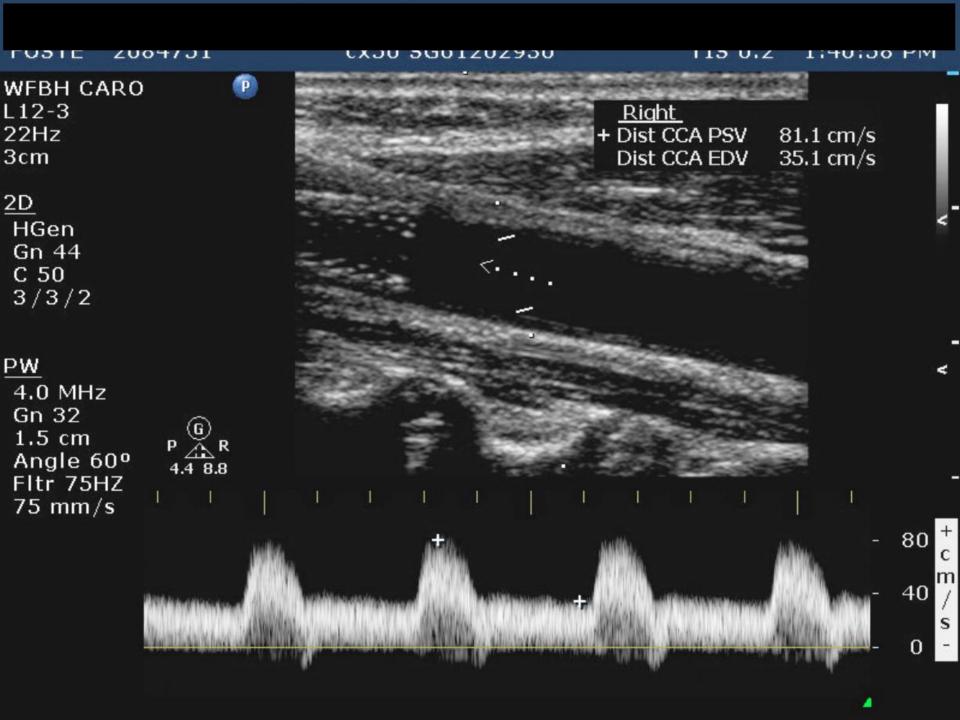
CCA Volume Flow Opposite to Occlusion



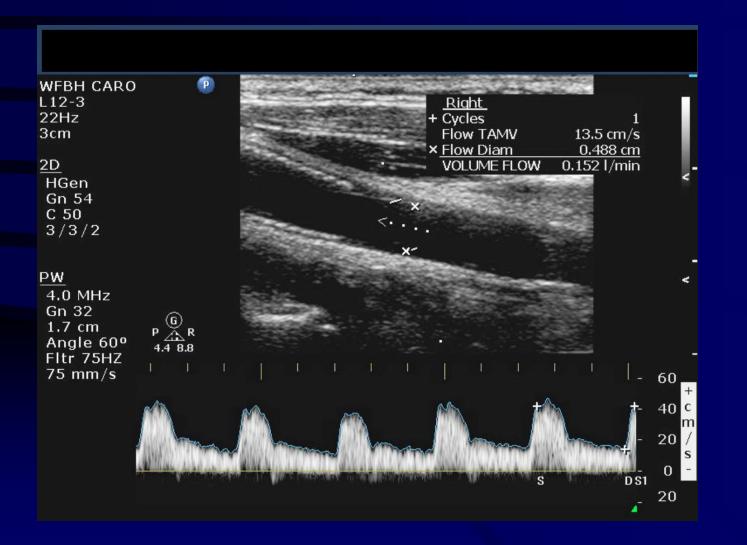
Volume Flow Measurments Use at WFSM

- CCA VFR done if 70% or greater stenosis
- If spectral changes of distal/prox sten/occl
- Bilateral high or low velocities
- Waveform suggestive of an AVM
- Assess collateral function and avoid error contralateral to stenosis or occlusion
- To follow progression of stenosis

"Perfect Harmony" Courtesy of Dr. Renee Healing Art



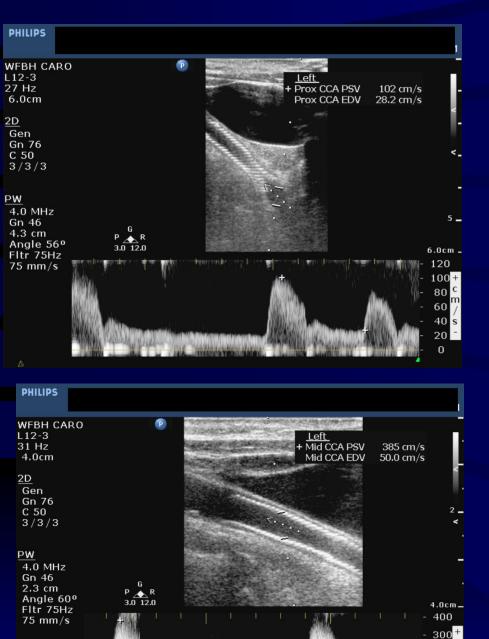
CCA Volume Flow Proximal to Stent



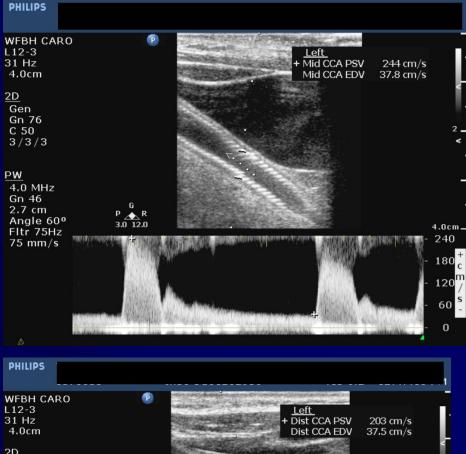
Lumen Measurement

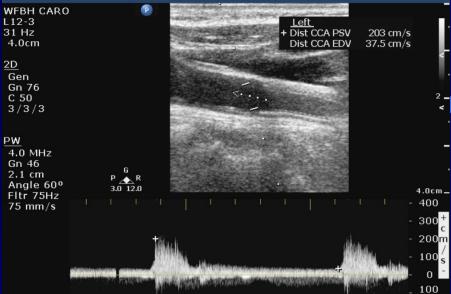


RIGHT BIFURCATION



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200<mark>m</mark>

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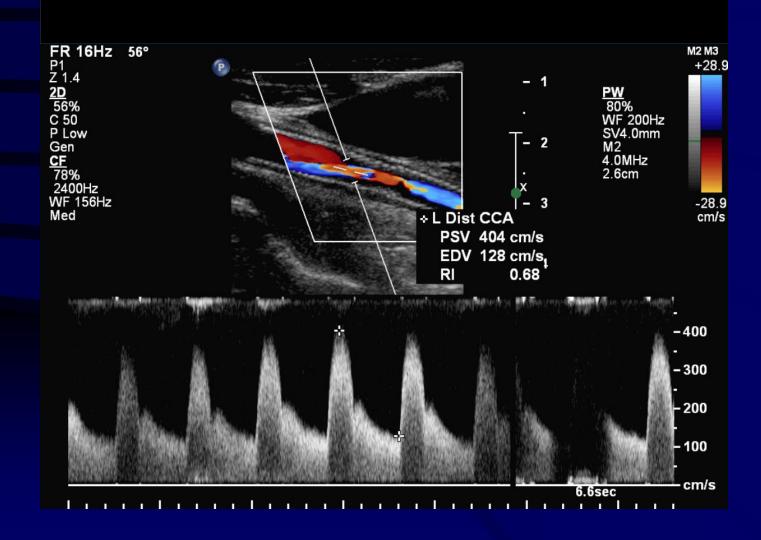
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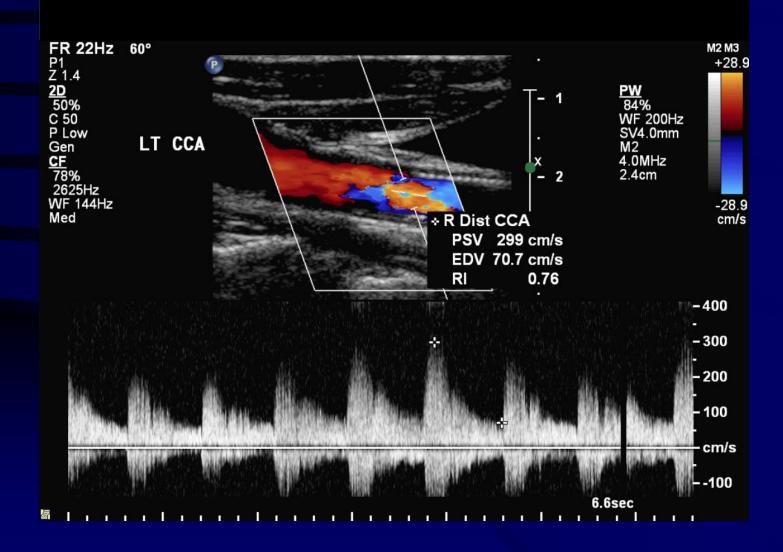
Stent: Color Flow

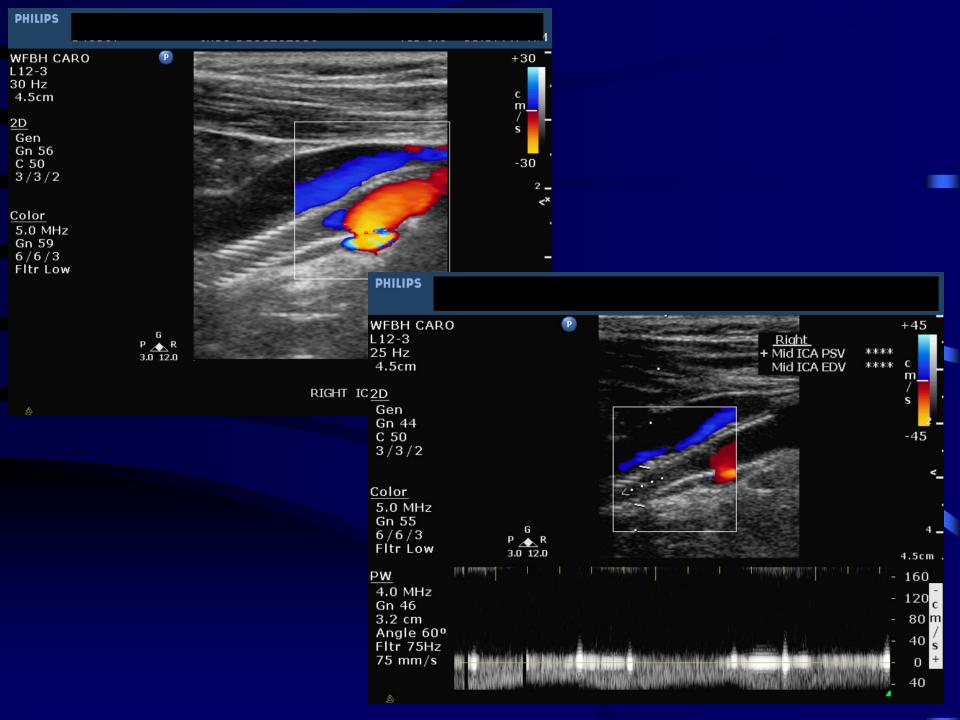


Stent Stenosis Color Duplex



Post-Stenotic Turbulence





Stent Re-Stenosis Used at WFBMC

- Stent is stiff and not distensible
- Velocities are higher
- Ratio helpful to identify severe re-stenosis

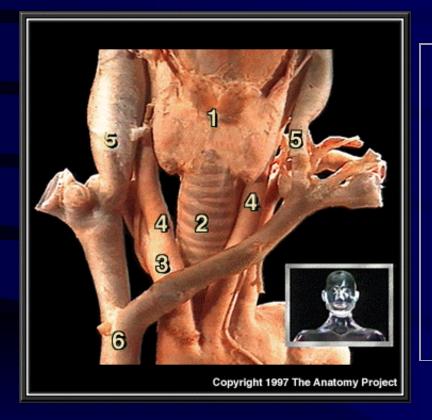
% Stenosis	Peak	End	ICA:CCA
	Systolic	Diastolic	ratio
	Velocity	Velocity	
50-69%	175-299		
	cm/s		
≥ 70%	≥300	≥140	≥3.8

Setacci C, et al., Stroke, 2008;39:1189-96

Thyroid

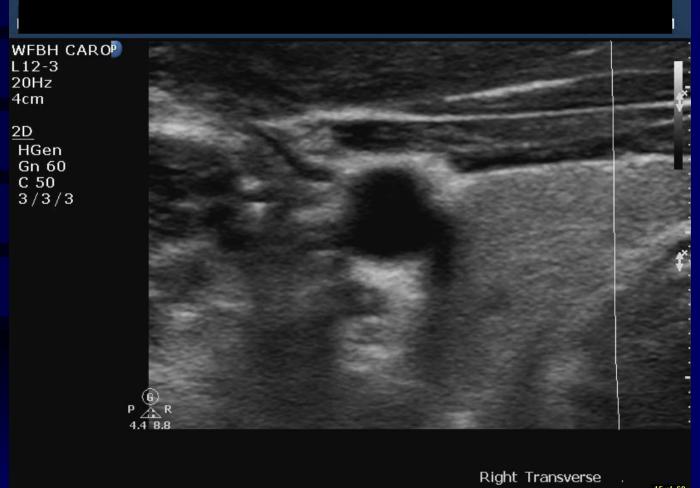
- Routinely observed as part of carotid exam
- Typically uniform, ground glass appearance
- Often see abnormalities:
 - Size (enlarged, mass effect, vessel compression
 - Hypervascular on color flow
 - Cysts (if ≥ 1 cm, need to report)
- Reported as incidental findings

Structures of the Neck



Thyroid gland
 Trachea
 Brachiocephalic artery
 Common carotid artery
 Internal jugular vein
 Superior vena cava

Normal Appearing Thyroid - Right



15 of 60

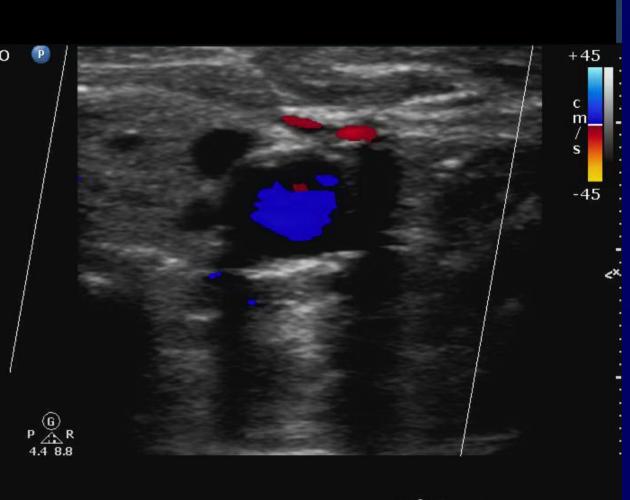
Thyroid – Increased Vascularity, Small Cyst



Multiple Small Thyroid Cysts

WFBH CARO L12-3 15Hz 4cm 2D HGen Gn 64 C 50 3/3/2

<u>Color</u> 5.0 MHz Gn 56 6/6/3 Fltr Low



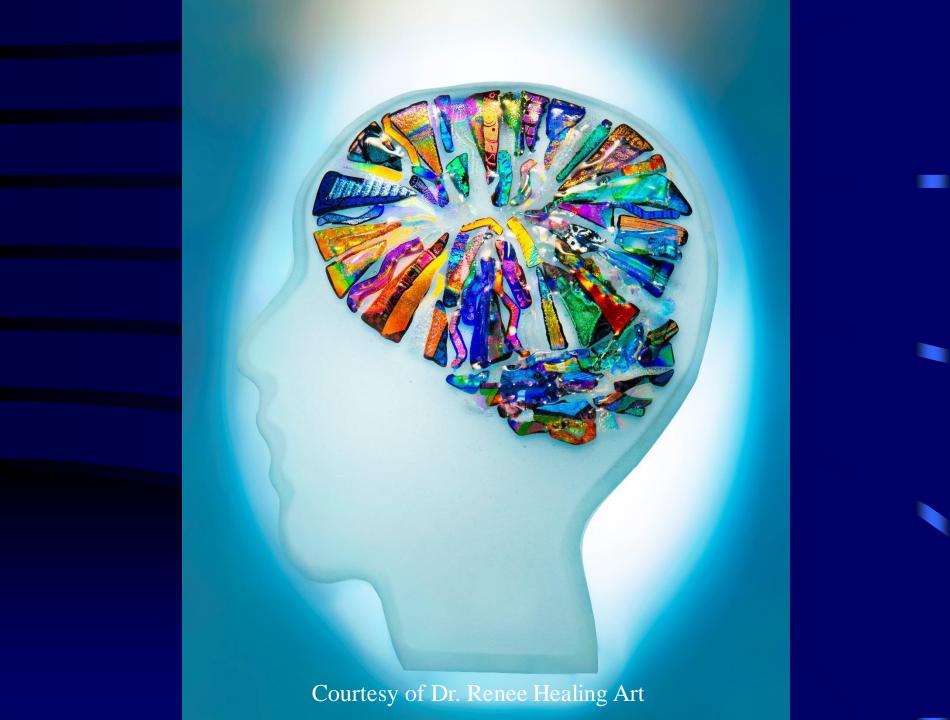
20 of 47

Cystic Thyroid

PHILIPS		
WFBH CARO L12-3 29 Hz 4.0cm		5:20 PM -
2D Gen		
Gn 74 C 50 3/3/3		ť.
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	3	
	G P ▲ R 3.0 12.0	4.0cm _
A	THYROID	

Thyroid Cyst with Debris





Jugular Veins

- Integral part of routine carotid exam
- May actually improve resolution for carotid
- Velocity hard to measure, or artifact
- Often see spontaneous echo contrast
- Few clinical implications/relevance
- Jugular valve may be important
- Must look for thrombus
- Venous side of brain circulation offers great potential for future advances/understandings

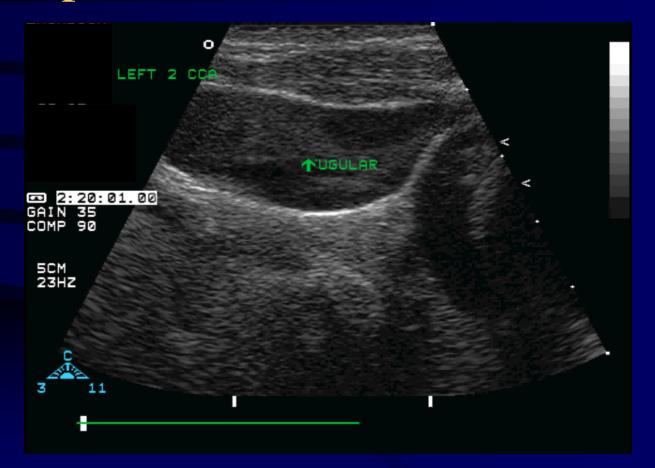
Venous Signal with ICA

PHILIPS						
WFBH CARC L12-3 34 Hz	2			<u>Right</u> HDist ICA PSV	-48.5 cm/s	
3.5cm <u>2D</u>				Dist ICA EDV	-24.0 cm/s	- V
Gen Gn 60 C 50 3/3/3						2 _
<u>PW</u>						۲.
4.0 MHz Gn 26 2.8 cm Angle 60º	G P R 3.0 12.0					-
Fltr 75Hz 75 mm/s	3.0 12.0		T KI			3.5cm . 60 _
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Venous Signal with VA

PHILIPS		
WFBH CARO L12-3	P Left	
4.0cm	+ Vertebral A PSV -46.0 cm/s Vertebral A EDV -19.5 cm/s	Ľ
2D Gen		
Gn 60 C 50 3/3/3		<` 2 _
PW		
4.0 MHz Gn 26		<_
3.3 cm Angle 60º		
Fltr 75Hz 75 mm/s		1.0cm_
		60 - 40 C
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Internal Jugular Spontaneous Echo Contrast



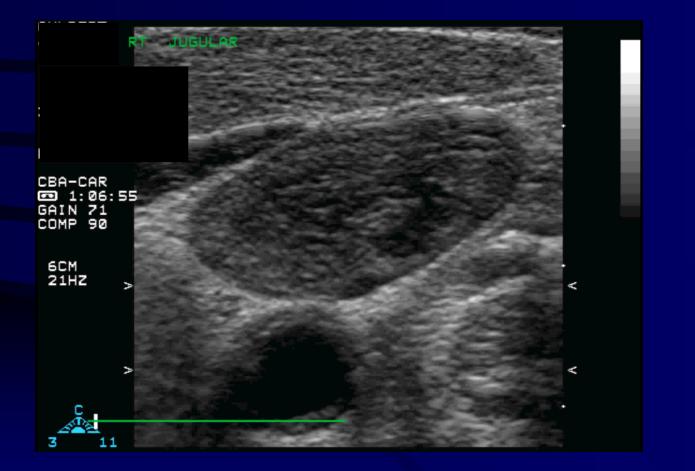
Internal Jugular Transverse Spontaneous Echo Contrast

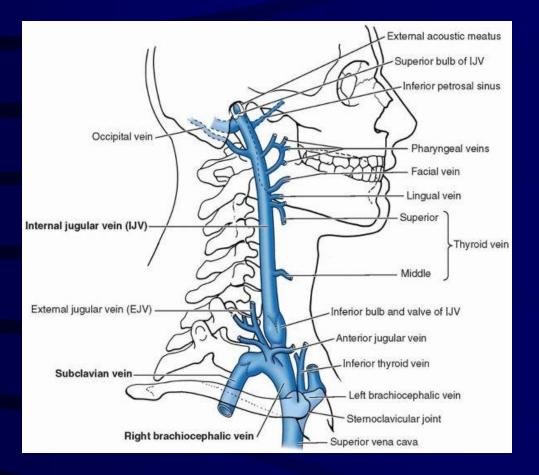


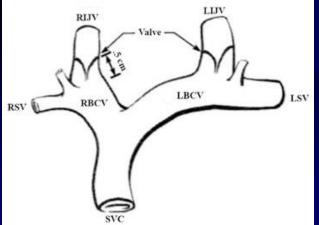
Internal Jugular Thrombosis

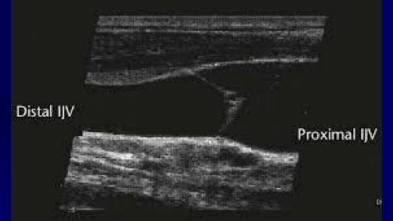


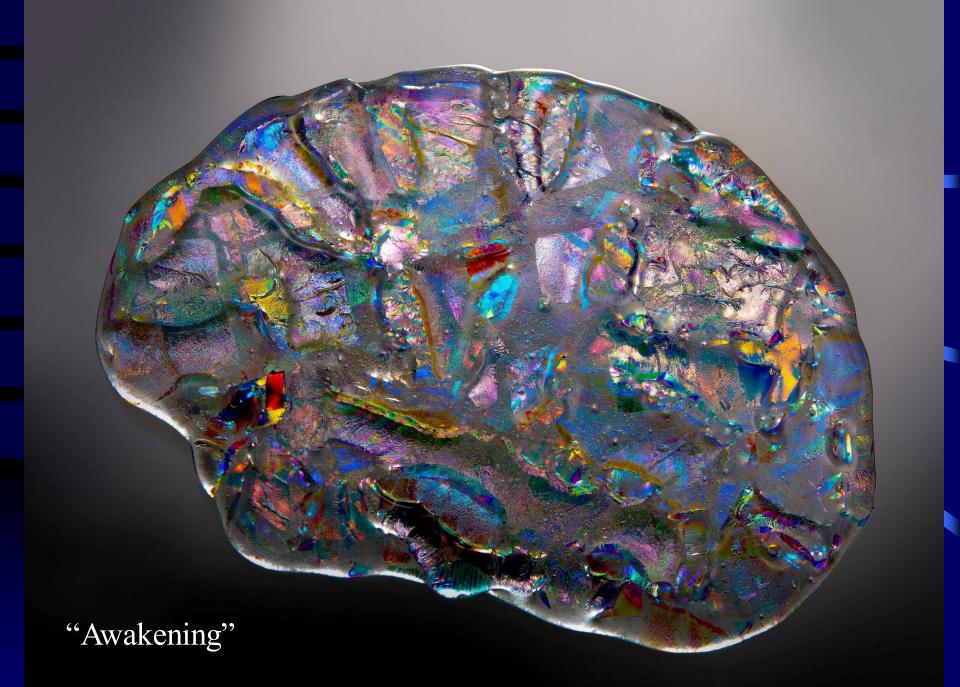
Internal Jugular Thombosis



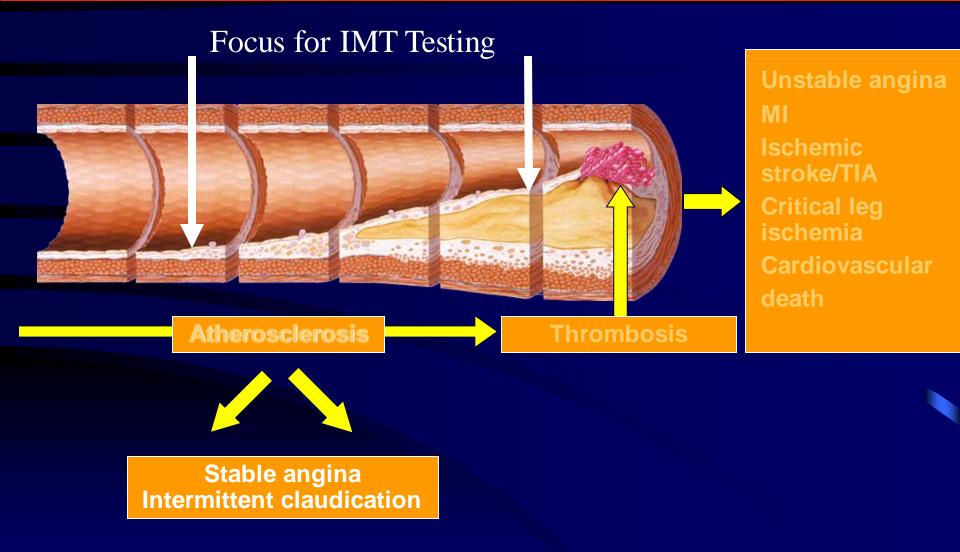








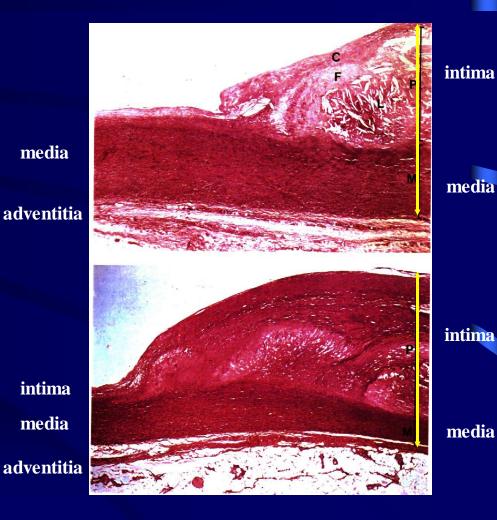
Progression of Atherosclerosis Spectrum of Disease



Adapted from Stary HC et al. Circulation. 1995;92:1355-1374 and Fuster V. Vasc Med. 1998;3:231-239.

Carotid IMT Definition (Cont') Anatomic Basis for IMT

- Histological slices show the intimal and medial layers of two atherosclerotic arteries with *B-mode Carotid IMT Definition* (different plaque characteristics).
- The maximum IMT of each wall is indicated by the vertical yellow line.
- This thickness includes that of both the media (M) and the plaque (P). The plaques affect both the intima and the media.



B-Mode Image – CCA Longitudinal

near

lumen

far

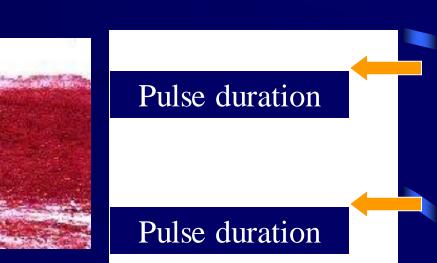


cylinder



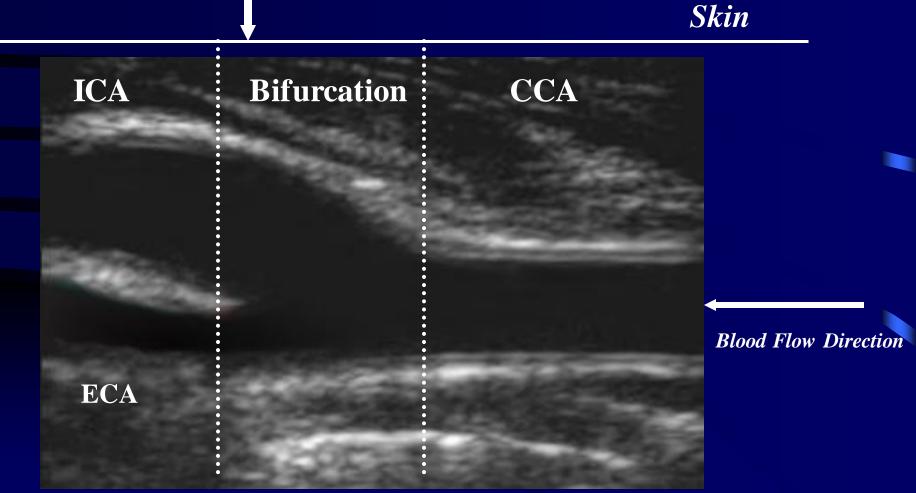
Measurement of CIMT



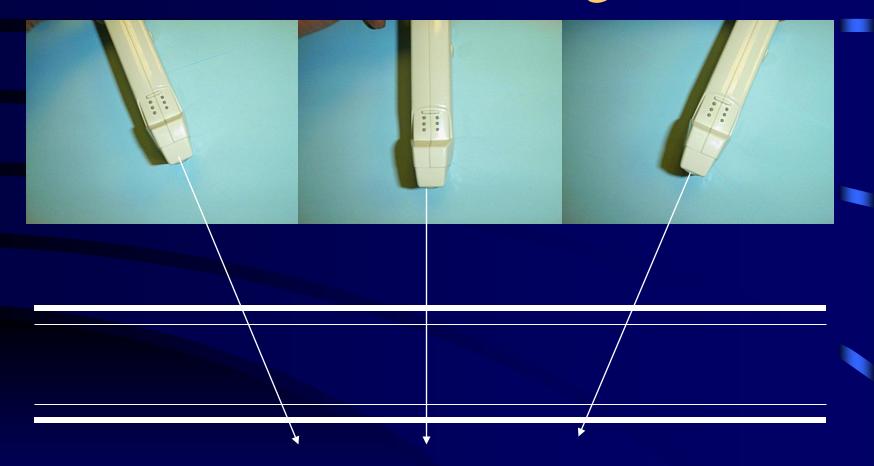


Carotid IMT Protocols





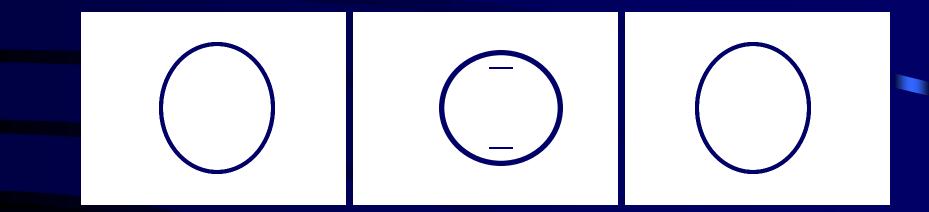
Effect of Transducer Angulation



1/26/2021

Carotid Intima-Media Thickness (CIMT) 63

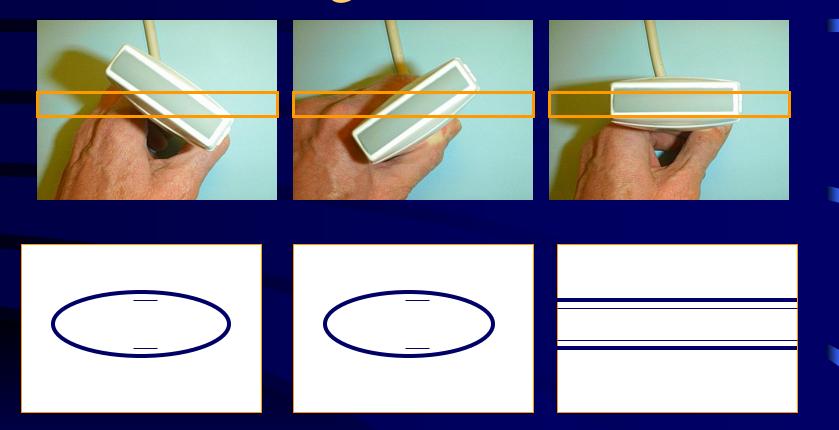
B-mode Images





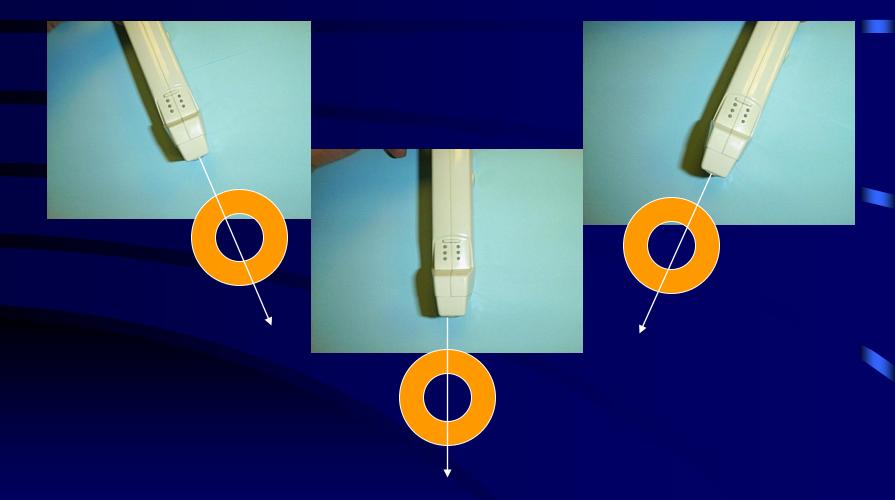
Carotid Intima-Media Thickness (CIMT) 64

Rotating scan head

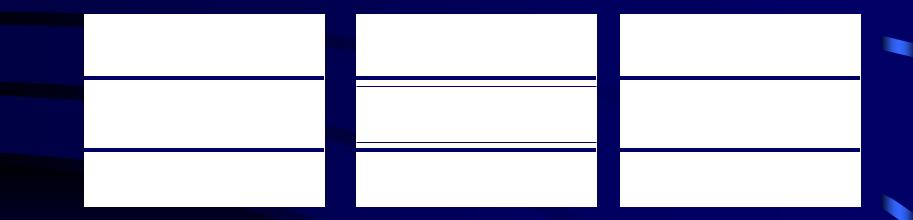




Off Axis

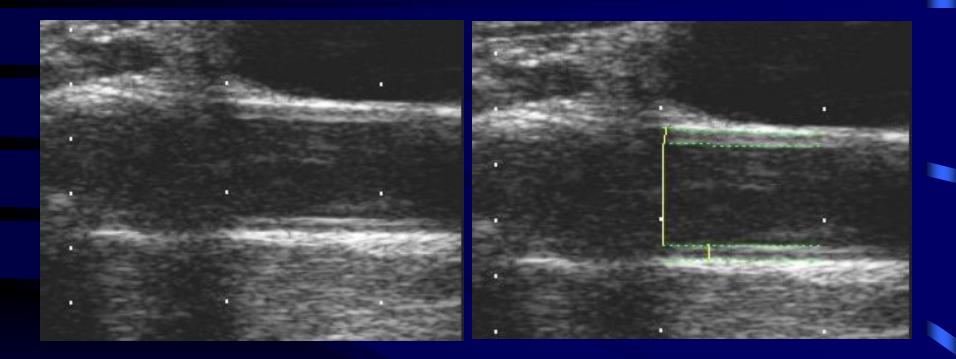


B-Mode Image Examples



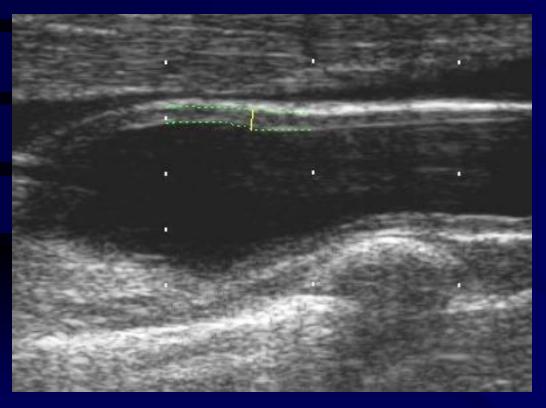


IMT Measurement by Automated Edge Detection IMT Software



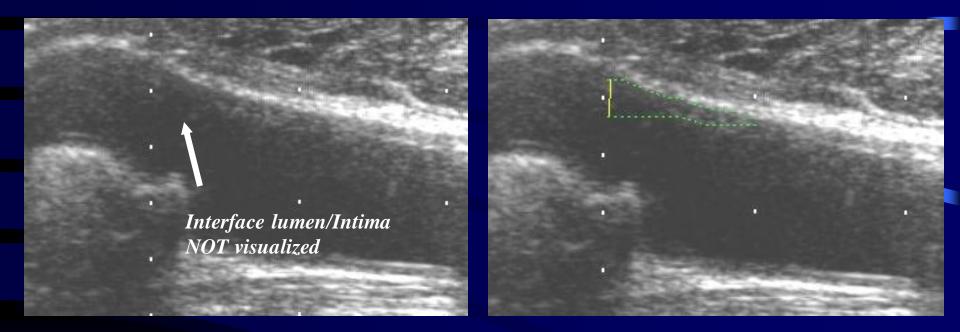
- 1. Sharp interfaces.
- 2. Correct edge detection.
- 3. Valid IMT measurement.

IMT Measurement by Automated Edge Detection IMT Software (Cont')



Sharp interfaces
Artifact not present
Correct edge detection
Perpendicular to wall
Valid IMT measurement

IMT Measurement by Automated Edge Detection IMT Software (Cont')



- 1. False edge detection.
- 2. Measurement line oblique to wall.
- 3. Invalid IMT measurement!

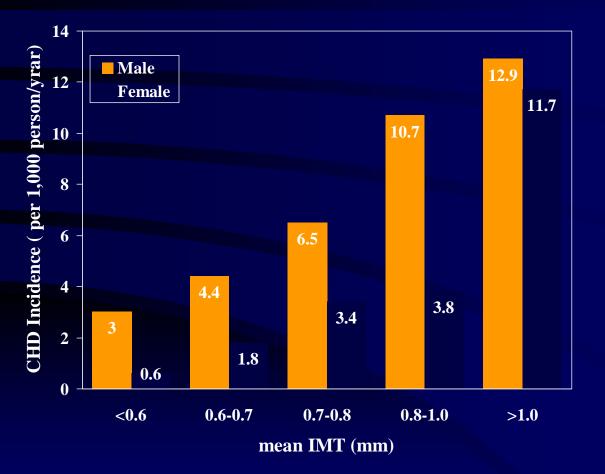
Operator editing is required for a valid IMT measurement!

Clinical Value of Carotid IMT (Cont')

- Carotid IMT is an independent predictor of cardiovascular events in general populations after adjustment for traditional risk factors
- Observational studies have found that for an absolute carotid IMT difference of 0.1 mm, the future risk of MI increases by 10% to 15%, and the stroke risk increases by 13% to 18%

Adapted from Lorenz MW, et al. Circulation 2007;115

Absolute IMT and Risk of CHD Atherosclerosis Risk in Communities (ARIC)

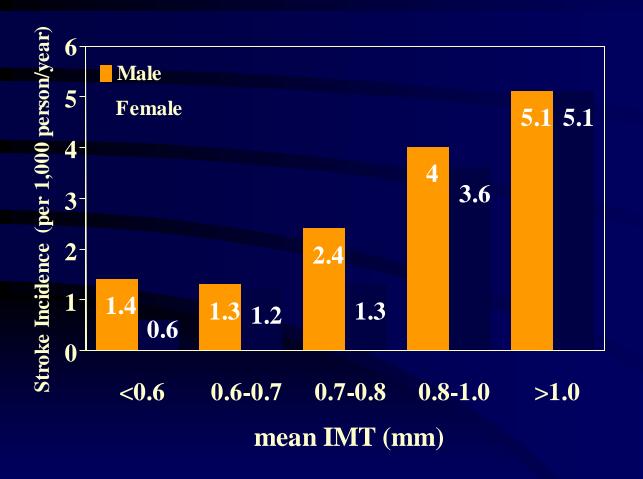


N=12,841

- Age: 45~64 years
- 'Healthy', No CVD symptom
- Follow-up: 4~7 years
- Adjusted for age, center and race

Adapted from Chambless LE et al. Am J Epidemiol 1997;146

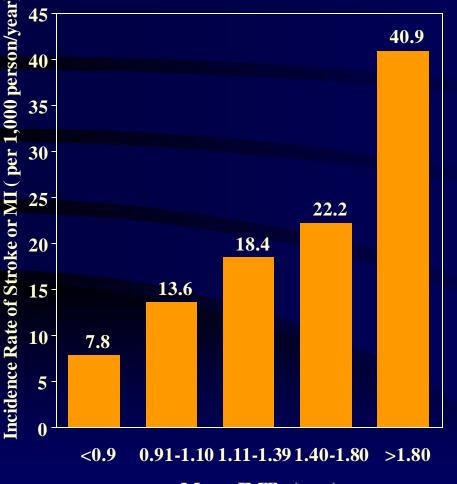
Absolute IMT and Risk of Stroke Atherosclerosis Risk in Communities (ARIC)



- N=14,214
- Age: 45~64 years
- 'Healthy' without CVD symptom
- Followed-up: 6~9 years
- Adjusted for age, center and race

Adapted from Chambless LE et al. Am J Epidemiol 1997;146

Absolute IMT and Risk of Stroke or MI Cardiovascular Health Study (CHS)



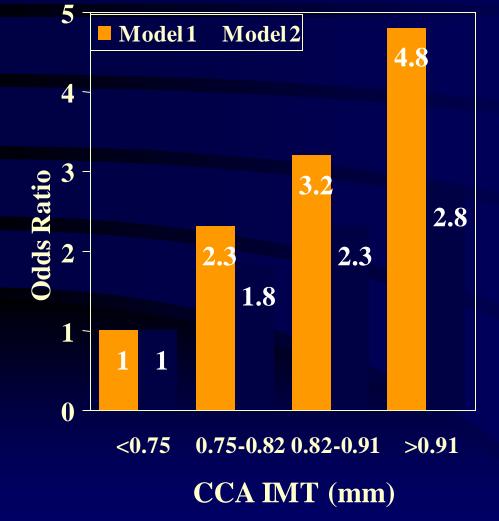
• N=4,476

- Age: <u>>65 years</u>
- 'Healthy', No CVD symptom
- Follow-Up: 7 years
- After controlling for age/sex, the odds ratio of MI or stroke was 4.5 for the highest IMT quintile as compared to the lowest quintile
- The possibility of stroke or MI incidence was 4% for the lowest IMT quintile, 26% for the highest quintile
- Compared to other risk factors, IMT was the strongest predictor of stroke or MI

Mean IMT (mm) Adapted

Adapted from O'Leary DH, et al. N Engl J Med 1999;340

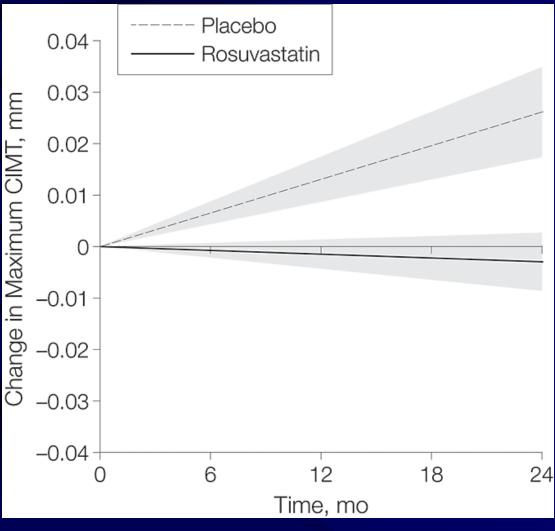
Absolute IMT and Risk for Stroke (Cont') The Rotterdam Study



- N=1,683
- Age \geq 55 years
- Model 1- adjusted for age/sex
- Model 2- adjusted for age/sex, stroke history, BMI, smoke, SBP, TPC, HDL-C, DM
- With every 0.15 mm increase in Baseline IMT, the 10 year absolute risk for stroke increased by 4.1%

Adapted from Bots et al. Circulation 1997; 96

Change in Maximum Carotid Intima-Media Thickness (CIMT) for the Primary End Point



Crouse, J. R. et al. JAMA 2007;297:1344-1353.



Carotid IMT

- Precise, computer assisted measurements of carotid wall thickness associated with risk factors
- IMT predicts risk
- Used as surrogate for atherosclerosis and clinical endpoints
- Translate to clinical realm
- Assess IMT given age, race, gender to predict CV risk

Ward A. Riley Ultrasound Center CIMT Screening Exam Report

Max CIMT: 4.401 Report Generated at 12:03 on 11JAN12

Table 1. Far Wall IMT Measurements

	Far W	all IMT	Far Wall Percentile	
Arterial Site	Observed	80% Prediction Interval ²	Observed	80% Prediction Interval ²
Left Bifurcation	0.98 mm	(0.76,1.2)	92 %	(75,99)
Left Common	1.06 mm	(0.84,1.27)	99 %	(96,99)
Left Internal Right Bifurcation	0.69 mm	(0.52,0.86)	79 %	(41,92)
	2.04 mm	(1.36,2.71)	99 %	(98,99)
Right Common	0.84 mm	(0.73,0.95)	99 %	(89,99)
Right Internal	0.87 mm	(0.64,1.1)	87 %	(67,93)
Average	1.08 mm		93 %	

Percentiles:

Percentiles are based on individuals of similar age, gender and ethnicity from the Atherosclerosis Risk in Communities (ARIC) Study (ref: Stroke 1993:24:1297-1304). Percentiles greater than 50 are associated with thicker IMT and greater risk. Percentiles less than 50 imply thinner IMT and lower risk.

² Prediction Intervals:

Prediction Intervals describe uncertainty in IMT measurements. If a large number of repeat examinations were performed, we would expect 4 of every 5 new measurements to fall within the interval shown for each arterial site.

Figure 1. Percentile Intervals (Star = Average Percentile)

Risk Assessment:

Your relative risk for CHD is 2.17, based on your average far wall percentile score and data from 4-7 years of follow-up in the ARIC Study (Am J Epi 1997:146:483-494). A relative risk of 2.17 means that you are 117% more likely to develop heart disease than other people of similar age, gender and ethnicity

Presence of plaque $\geq 2 \text{ mm}$ suggests increased cardiovascular risk independent of IMT results

Plaque $\geq 2 \text{ mm identified}$? No Yes (see comment below)

Physician Notes:

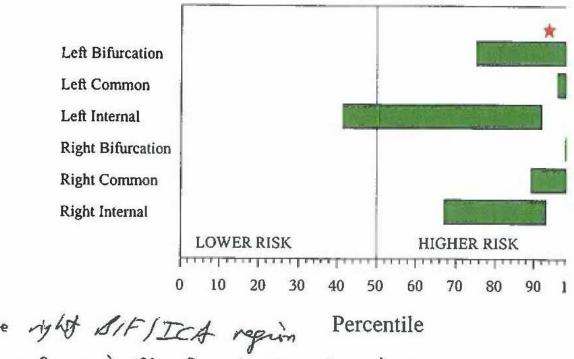
Large pleque was seen in the right SIFIICA regim Percentile (4.7 mm, for well). No hemolynamically injustant sknorir was seen.

I have personally reviewed the CIMT results and agree with the interpretation.

Reviewing Physician:

selen m Date: 1/11/12

Charles H. Tegeler.



Ward A. Riley Ultrasound Center CIMT Screening Exam Report

Max CIMT: 1.323 Report Generated at 11:28 on 03FEB12

Table 1. Far Wall IMT Measurements

	Far W	all IMT	Far Wall Percentile ⁱ	
Arterial Site	Observed	80% Prediction Interval ²	Observed	80% Prediction Interval ²
Left Bifurcation	0.71 mm	(0.56,0.87)	51 %	(21,76)
Left Common	0.53 mm 0.6 mm	(0.45,0.6) (0.45,0.74)	26 % 57 %	(8,49) (24,77)
Left Internal				
Right Bifurcation	0.72 mm	(0.55,0.88)	49 %	(17,75)
Right Common	0.53 mm	(0.45,0.6)	25 %	(8,49)
Right Internal	0.5 mm	(0.37,0.63)	28 %	(6,53)
Average	0.6 mm		39 %	

Percentiles:

Percentiles are based on individuals of similar age, gender and ethnicity from the Atherosclerosis Risk in Communities (ARIC) Study (ref: Stroke 1993:24:1297-1304) Percentiles greater than 50 are associated with thicker IMT and greater risk. Percentiles less than 50 imply thinner IMT and lower risk.

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Figure 1. Percentile Intervals (Star = Average Percentile)

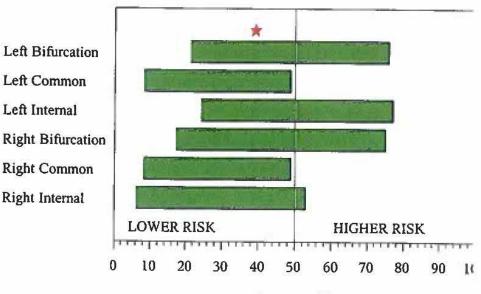
Risk Assessment:

Your relative risk for CHD is 0.86, based on your average far wall percentile score and data from 4-7 years of follow-up in the ARIC Study (Am J Epi 1997:146:483-494). A relative risk of 0.86 means that you are 14% less likely to develop heart disease than other people of similar age, gender and ethnicity

Presence of plaque $\geq 2 \text{ mm}$ suggests increased cardiovascular risk independent of IMT results

Plaque $\geq 2 \text{ mm identified}$? No \Box Yes (see comment below)

Physician Notes:



Percentile

I have personally reviewed the CIMT results and agree with the interpretation.

Reviewing Physician:

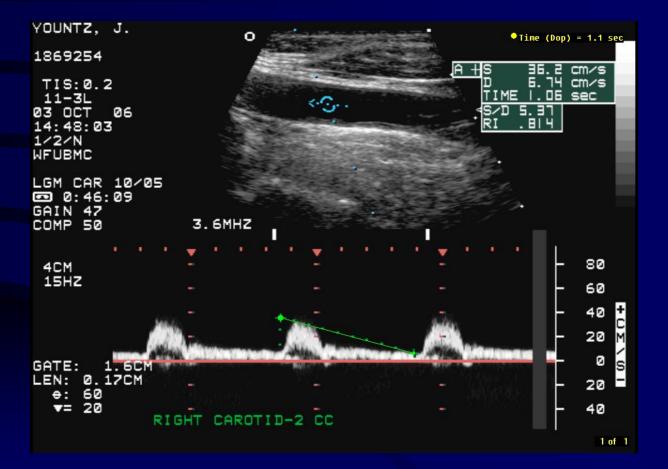
CAGrelen P

Date: 2/5/12

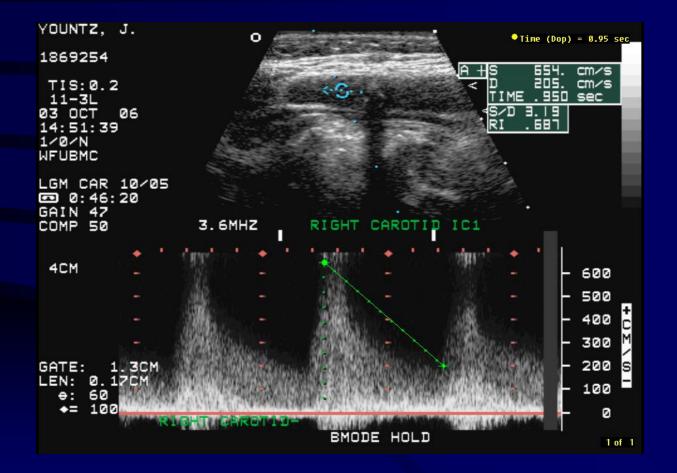
Charles H. Tegeler, M.D.

Principles in Practice

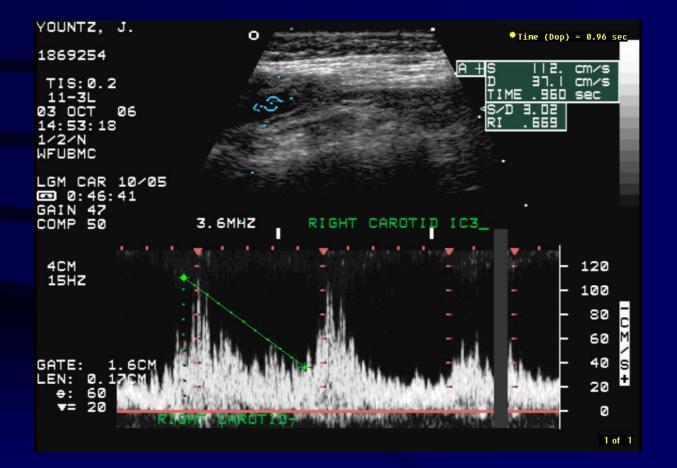
Indirect Changes Right ICA String Sign



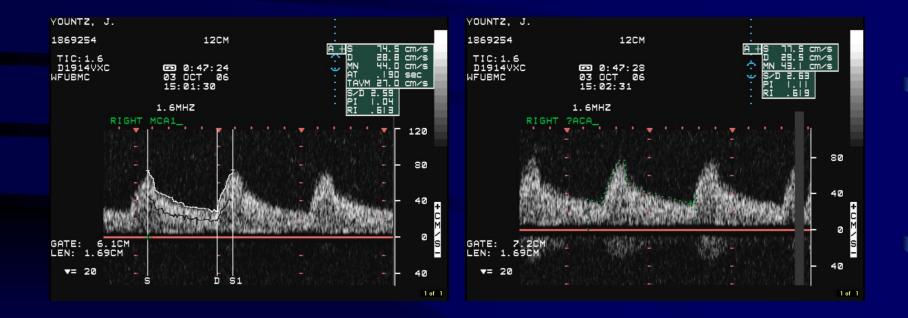
Right ICA String Sign



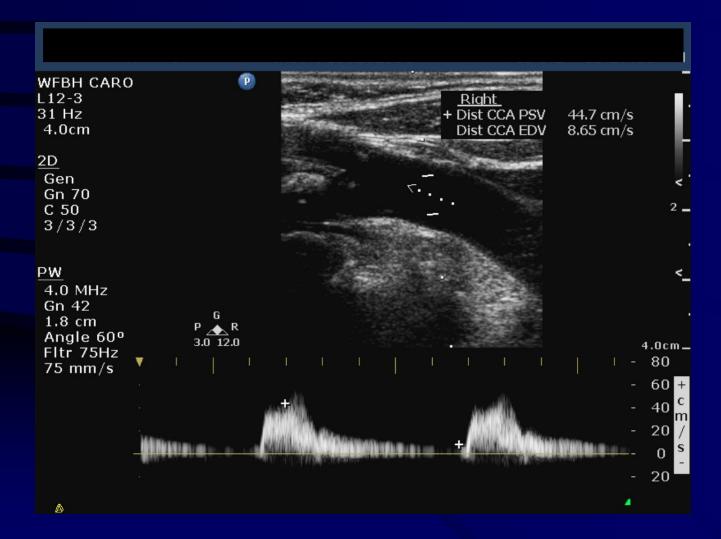
ICA String Sign Distal/Post-Stenotic Turbulence



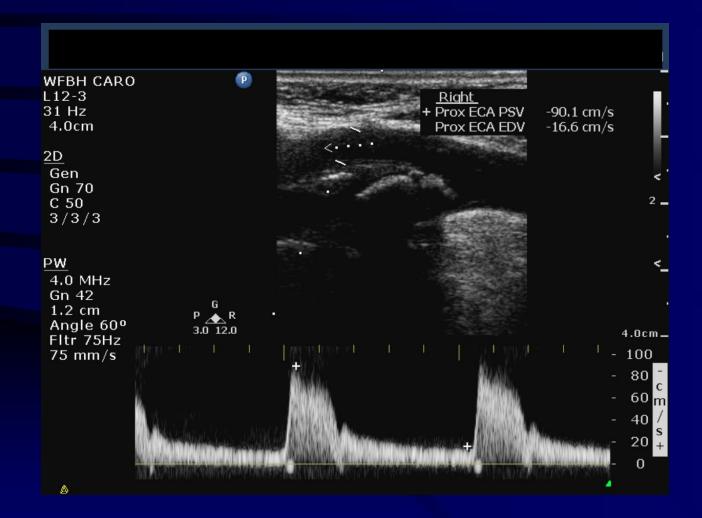
Right ICA String Sign Intracranial Effects



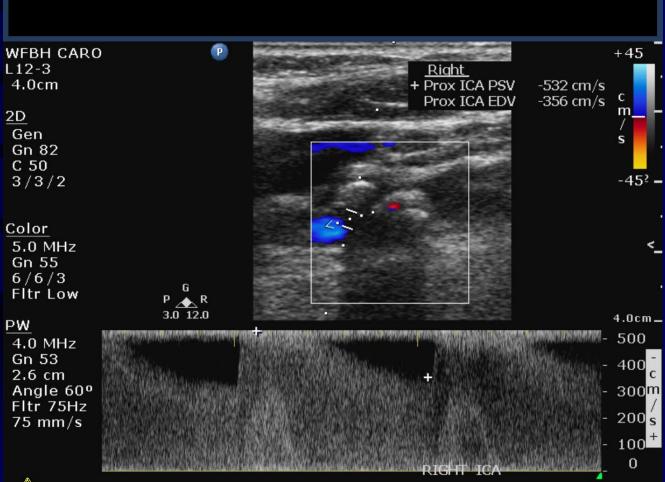
Resistive Signal in CCA



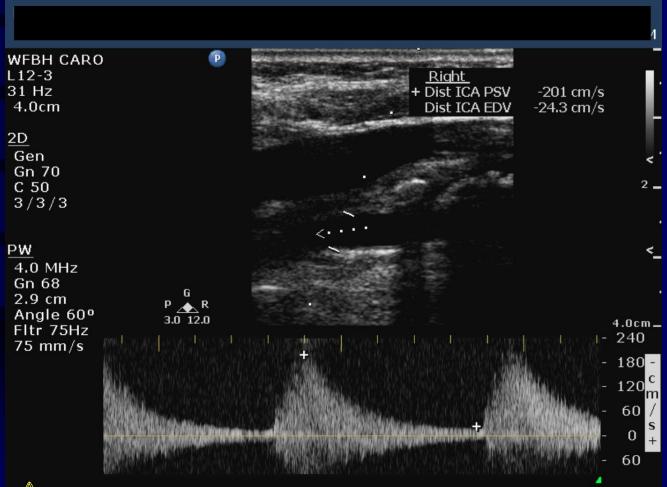
Right ICA Severe Stenosis Increased Diastolic Velocity ECA



Right ICA Severe Stenosis Aliasing with actual systolic velocity >800 cm/s



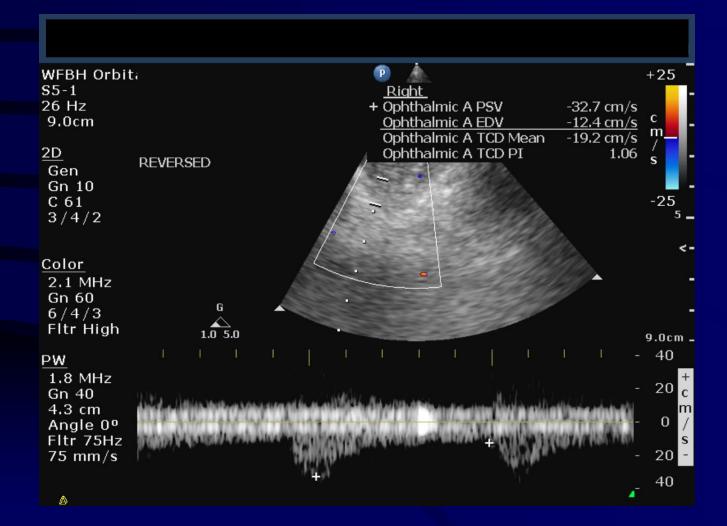
Right ICA Severe Stenosis Post-Stenotic Turbulence

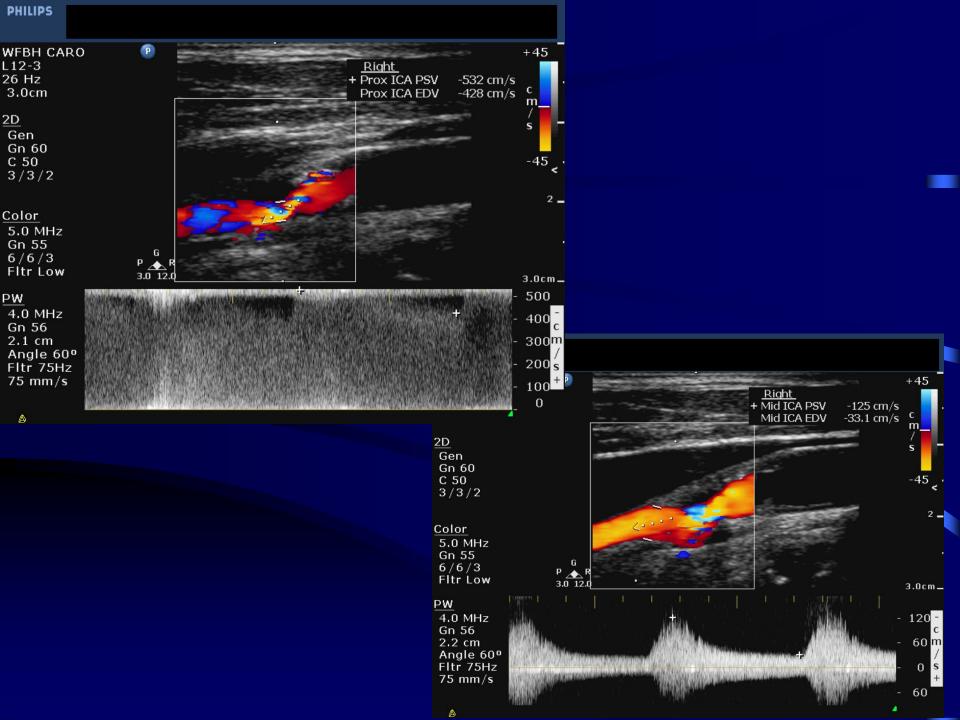


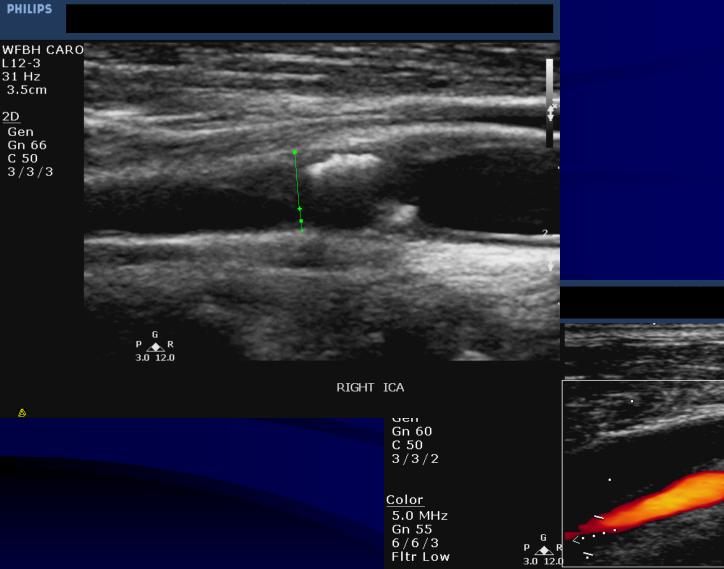
Right ICA Severe Stenosis Decreased Acceleration Slope Distally

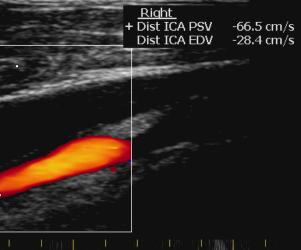
WFBH CARO L12-3 4.0cm	P		<u>Right</u> + Dist ICA PSV Dist ICA EDV	- -138 cm/s -28.4 cm/s
<u>2D</u> Gen Gn 70				<
C 50 3/3/3			I Z	2 _
P <u>W</u> 4.0 MHz Gn 68 2.9 cm				*_
Angle 60° Fltr 75Hz 75 mm/s	G P ▲ R 3.0 12.0	Adamata an tora d	a canada sa	4.0cm_ 1 - 240
			Jul Bar	- 180 - - 120 <mark>C</mark> - 60 /
			Interpreter and the support	- 0 <mark>+</mark> - 60
♪				4

Reversed OA as Collateral Pathway









+45

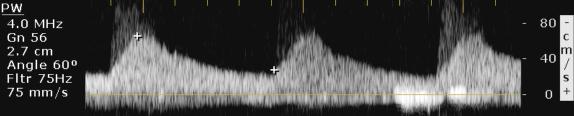
С

m s

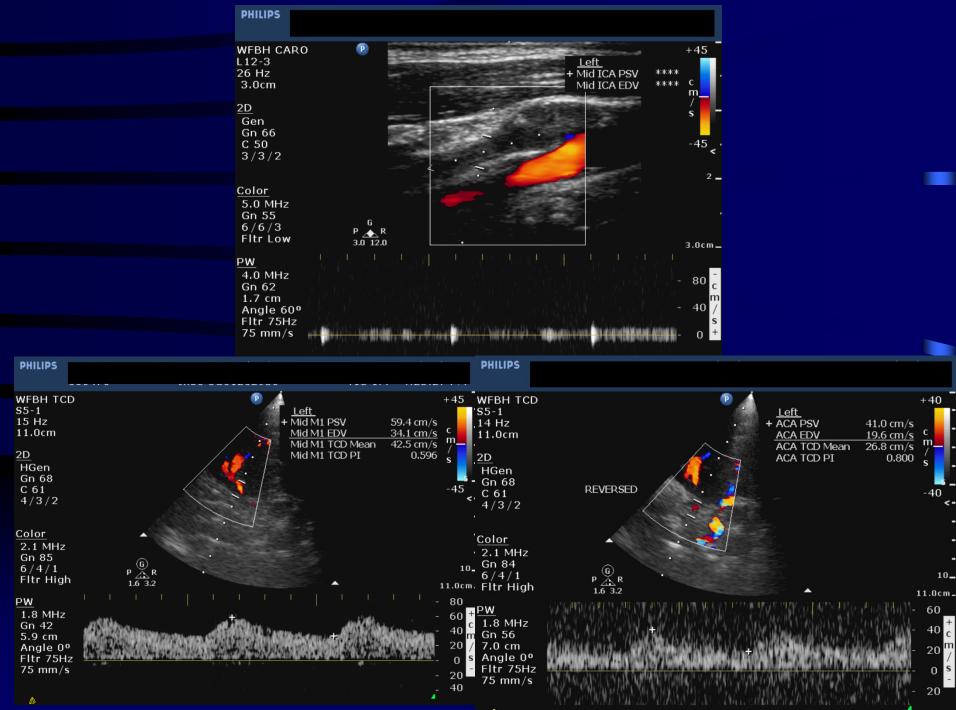
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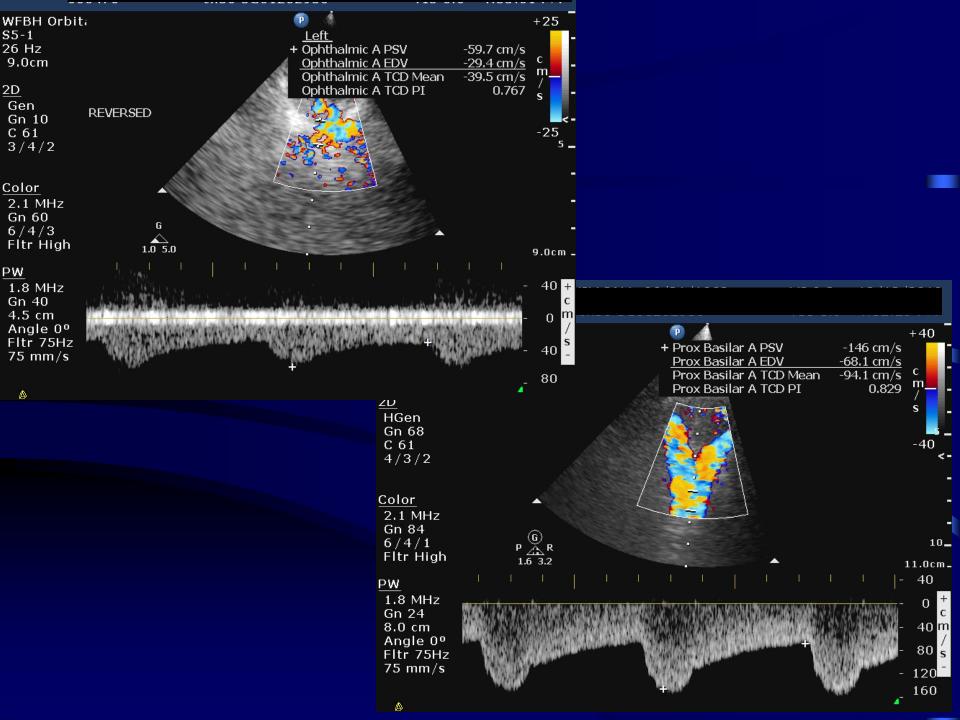
3.0cm_

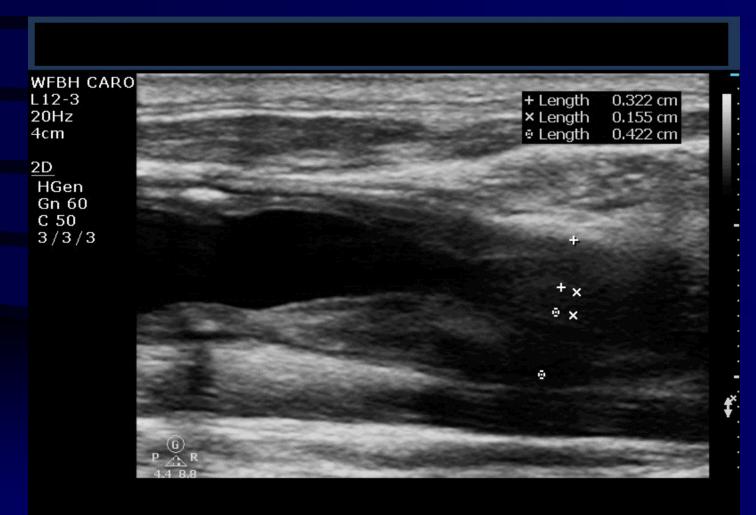
2 _



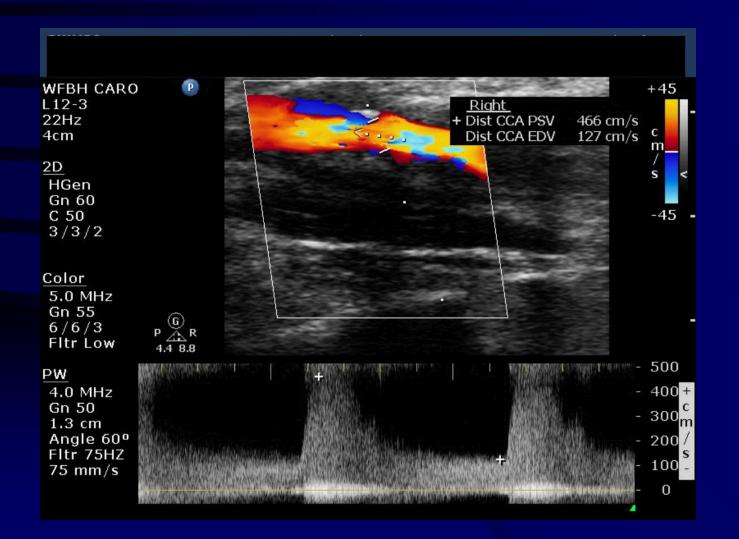
<u>PW</u>







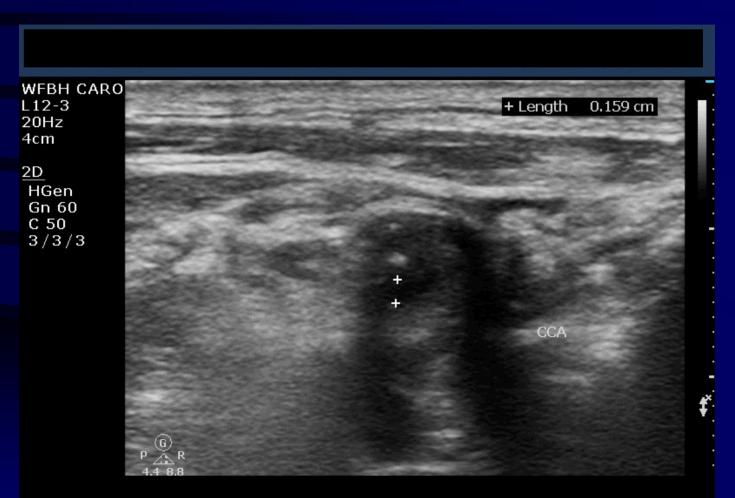
Right CCA



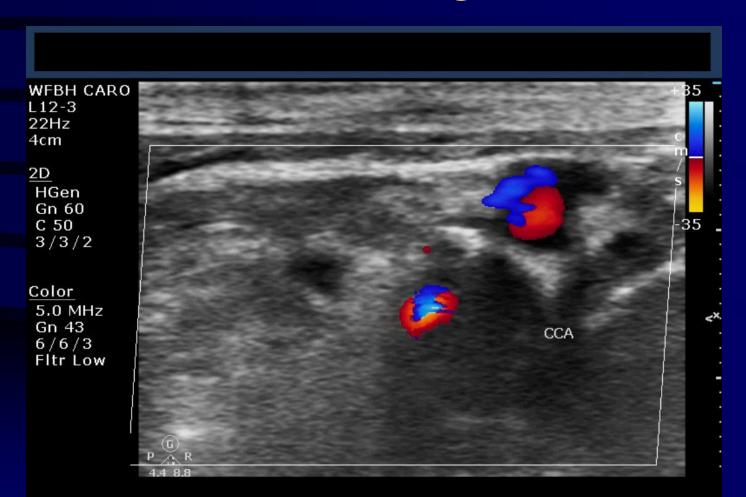








Right Transverse



Right Transverse

"Brainstorm" Courtesy of Dr. Renee Healing Art