

APG CARDIOVASCULAR AGING



- **Atherosclerosis and Cardiovascular Disease**
- **Photoplethysmography and Acceleration Plethysmogram**
- **APG and Helo Wearable Devices**

Atherosclerosis and Cardiovascular Disease

- Cardiovascular disease (CVD) is the leading cause of death worldwide.
- CVD includes numerous diseases of the heart or blood vessels, including heart attack, coronary artery disease, stroke, heart failure, and more.
- Detection of CVD and reducing risk factors could extend life and increase quality of life for millions around the world.
- Atherosclerosis is a disease of aging, but one of young chronological age could have an “old” cardiovascular system.

Because of the silent nature of CVD, most are unaware of the danger to their health until they experience a serious incident.





Photoplethysmography and Acceleration Plethysmogram

- Research has shown the health and age of cardiovascular systems can be estimated using photoplethysmography (PPG).
- This is an optical method for measuring blood volume changes in a bed of tissue, such as a finger or earlobe, by illuminating the skin and measuring light absorption.
- PPG can be used to measure pulse wave velocity (PWV), which is correlated to age, blood pressure (BP), and arteriosclerosis.
- Acceleration plethysmogram (APG) is even more revealing. APG can accurately measure arterial stiffness, and therefore calculate cardiovascular aging, as demonstrated by several studies.



APG
Cardiovascular Aging

APG and Helo Wearable Devices

- The BioSense health band and LifeWatch Generation 2 from Helo are equipped with a patented, clinical-grade fingertip sensor for APG readings.
- With analysis through Helo's proprietary algorithm, these wearables can accurately evaluate the pulse wave and assess cardiovascular health.
- BioSense and LifeWatch Generation 2 provide a highly useful, highly convenient, and highly effective way to measure and report cardiovascular aging.
- This insight equips device users with the knowledge they need to protect and improve their health, with the involvement and advice of their doctor.





Note

**Some features are not available in all markets.
Helo products and services are designed to support wellness and are not intended for diagnosing, curing, mitigating, treating, or preventing any diseases or other medical conditions and users should consult with a doctor or other qualified healthcare professional before making any medical decisions.**

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