White Matter Hyperintensities

**Definition:**
Nonspecific changes to the blood vessels in the white matter tissue of the brain that cause a bright appearance on a brain Computed Tomography (CT) scan or Magnetic Resonance Imaging (MRI).

**Causes:**
- Aging*
- High blood pressure (hypertension)
- High cholesterol (hypocholesteremia)
- Insulin resistance -> Diabetes, Obesity
- Coronary Artery Disease (CAD)
- Chronic Kidney Disease
- Smoking
- Alcohol use
- History of stroke

*Not everyone of age experience hyperintensities

**Possible Disease Associations:**
PATIENT EDUCATION

Neuro

• Stroke
• Dementia
• Depression

Decreased physical function (i.e. walking)
Lifestyle Modifications to help prevent further progression:

• Smoking cessation
• Drinking in moderation
• Diet improvement
• Maintain a healthy weight
• Manage blood pressure

Where can I get additional information?
For additional information, please seek further guidance from your primary care provider.

Sources:
