breath flow analysis, smoking status, presence or absence of diabetes, blood glucose level, hemoglobin A1c, HDL cholesterol, total cholesterol, other lipid measures, carotid artery intima-media wall thickness (CIMT) detected via ultrasound, pulse wave velocity/amplitude waveform analysis, brachial artery ultrasound imaging, fingertip temperature analysis, pedometer data, sleep patterns, stress levels, blood-based biomarkers, and genomic data.

9. The method of claim 1, wherein said vascular ages are calculable in years, months, weeks, days, hours, minutes, or seconds.

10. A method of diagnosing a person's potential for developing cardiovascular disease, the method comprising the following steps:

a. determining a relative post-occlusion change in a vessel diameter of an artery in an extremity via reactive hyperemia;

b. calculating a vascular age using at least said determined change in said vessel diameter and a parameter indicative of flow-mediated dilation (FMD) in said vessel; and

c. presenting said calculated vascular age.

11. The method of claim 10, wherein said determining step further comprises using ~~pneumoplethysmography~~ pneumoplethysmographic measurements.

~~12. The method of claim 10, wherein said determining step comprises temporarily occluding blood flow to said artery in said extremity.~~

~~13. The method of claim 10, wherein said determining step comprises temporarily creating downstream hemodynamic stress in a limb arterial blood supply, thereby inducing flow-mediated dilation.~~

~~14~~12. The method of claim 10, wherein said determining step further comprises use of ultrasound images.

~~15~~13. The method of claim 10, wherein said parameter indicative of FMD includes at least one of %FMDmax, time to %FMDmax, and X-second FMD, where X is a non-zero number.

~~16~~14. A diagnostic tool comprising the following:

a. a first storage operable to store first data relating to a patient's general risk of developing cardiovascular disease based upon a plurality of physiological parameters;

b. a device operable to determine a parameter indicative of flow-mediated dilation (FMD) in a limb arterial blood vessel; and

c. a processor in communication with said first storage and in communication with said device, wherein said processor is operable to do the following:

(1) apply said parameter to said stored first data to convert said general risk for developing cardiovascular disease to a vascular age; and

(2) output said vascular age.

~~17~~15. The diagnostic tool of claim ~~16~~14, wherein said first data is derived from data relating to said general risk of developing cardiovascular disease in a study population.

~~18~~16. The diagnostic tool of claim ~~16~~14, wherein said first data is derived from either FHS data or European SCORE data.

~~19~~17. The diagnostic tool of claim ~~16~~14, wherein said processor further provides for inputting patient-specific data selected from the group consisting of chronological age, gender, body mass index, systolic blood pressure, resting heart rate, breath flow analysis, smoking status, presence or absence of diabetes, blood glucose level, hemoglobin A1c, HDL cholesterol, total cholesterol, other lipid measures, carotid artery intima-media wall thickness (CIMT) detected via ultrasound, pulse wave velocity/amplitude waveform analysis, brachial artery ultrasound

imaging, fingertip temperature analysis, pedometer data, sleep patterns, stress levels, blood-based biomarkers, and genomic data.

2018. The diagnostic tool of claim 1614, wherein said device comprises a component selected from the group consisting of a pressure plethysmograph, a photoplethysmograph, and an ultrasound imager.

2119. The diagnostic tool of claim 2018, wherein said device comprises a pneumoplethysmograph without sensors.

2220. The diagnostic tool of claim 1614, further comprising a second storage operable to store second data relating to the parameter indicative of flow-mediated dilation; and wherein said processor is electrically connected to said first storage and to said second storage, said processor being adapted to adjust said first data using said second data to determine a vascular age.

2321. The diagnostic tool of claim 1614, wherein the parameter indicative of FMD includes at least one of %FMDmax, time to maximum %FMD, and X-second FMD, where X is a non-zero number.

2422. The diagnostic tool of claim 1614, wherein said vascular age is calculable in years, months, weeks, days, hours, minutes, or seconds.

2523. A system for providing real-time vascular age information to a patient comprising:

a diagnostic tool comprising the following:

a. a first storage operable to store first data relating to a patient's general risk of developing cardiovascular disease based upon a plurality of physiological parameters;

b. a device operable to determine a parameter indicative of flow-mediated dilation (FMD) in a limb arterial blood vessel; and