

Echocardiography (EchoCG) is a key non-invasive method in the early detection of cardiovascular diseases (CVD) in patients without overt symptoms. In this review, echocardiographic markers that might predict CVD are discussed and EchoCG screening's effectiveness is thoroughly investigated. These markers include systolic and diastolic function analysis and also hypertrophy and dilation of structures of the heart. In this article, different screening strategies, their clinical significance and possible consequences for asymptomatic patients are compared, accentuating the necessity of personalized screening approach, with respect to individual risk of CVD. Studies show that EchoCG may significantly facilitate heart anomalies early diagnosis and potentially lead to well-timed intervention, improving patient outcomes, thus stating the importance of integration of EchoCG into standard screening guidelines for early CVD diagnosis and prevention optimization.