

# LOVE your

**HEART HEALTH CHECK UP**  
**CARDIAC CALCIUM SCORE \$125\***



## What is Cardiac CT for Calcium Scoring?

Computed tomography, more commonly known as CT or CAT scan, is a diagnostic medical test that, like traditional x-ray, produces multiple images or pictures of the inside of the body.

CT images of internal organs, bones, soft tissue and blood vessels typically provide greater detail than traditional x-rays, particularly of soft tissue and blood vessels.

A cardiac CT scan for coronary calcium is a non-invasive way of obtaining information about the presence, location and extent of calcified plaque in the coronary arteries– the vessels that supply oxygen-containing blood to the heart muscle. Calcified plaque results when there is a build-up of fat and other substances under the inner layer of the artery. This material can calcify which signals the presence of atherosclerosis, a disease of the vessel wall, also called coronary artery disease (CAD). People with this disease have an increased risk for heart attacks. In addition, over time, progression of plaque build-up (CAD) can narrow the arteries or even close off blood flow to the heart. The result may be chest pain, sometimes called “angina,” or a heart attack.

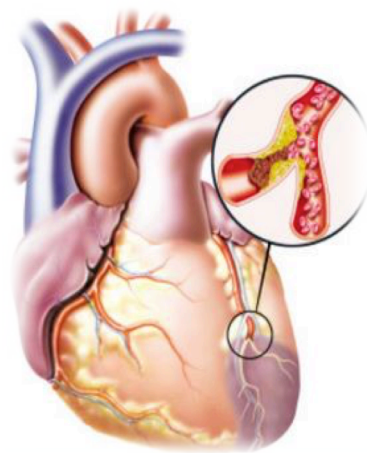
Because calcium is a marker of CAD, the amount of calcium detected on a cardiac CT scan is a helpful prognostic tool. The findings on cardiac CT are expressed as a calcium score. Another name for this test is coronary artery calcium scoring

## What are some common uses of the procedure?

The goal of cardiac CT scan for calcium scoring is to determine if CAD is present and to what extent, even if there are no symptoms. It is a screening study that may be recommended by a physician for patients with risk factors for CAD but no clinical symptoms.

### The major risk factors for CAD are:

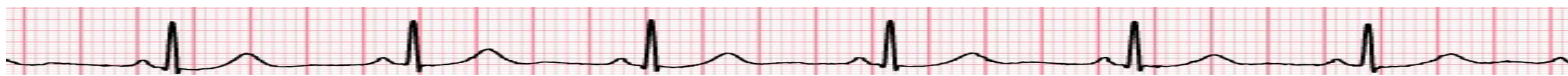
- High blood cholesterol levels
- Family history of heart attacks
- Diabetes
- High blood pressure
- Cigarette smoking
- Overweight or obese
- Physical inactivity



## How should I prepare?

No special preparation is necessary in advance of a cardiac CT examination. You should continue to take your usual medications, but should avoid caffeine and smoking for four hours prior to the exam. You should wear comfortable, loose-fitting clothing to your exam. You may be asked to wear a gown.

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This CT exam is painless, fast and easy. Coronary calcium scoring takes less than 30 minutes for the whole procedure start to finish. After you complete a brief personal and family health history you will have a non-invasive computed tomography (CT) scan of your heart and coronary arteries. The technologist will need to place electrocardiogram (ECG) leads on your chest so that the CT scanner can precisely measure the beating of your heart. This enables the scanner to take dozens of images during those fractions of a second between beats when your heart is still. Once completed, computer software enables our technologists to calculate a total calcium score. This numerical score is compared to gender and age specific patient databases to determine your percentile ranking.

After the exam, you can return to your normal activities.

## Who interprets the results and how do I get them?

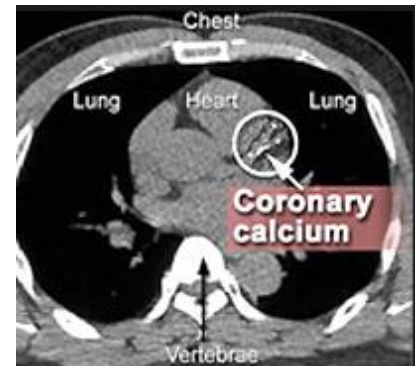
A radiologist with expertise in supervising and interpreting radiology examinations will analyze the images and send an official report to your primary care physician or physician who referred you for the exam, who will discuss the results with you.

A negative cardiac CT scan for calcium scoring shows no calcification within the coronary arteries. This suggests that CAD is absent or so minimal it cannot be seen by this technique. The chance of having a heart attack over the next two to five years is very low under these circumstances.

A positive test means that CAD is present, regardless of whether or not the patient is experiencing any symptoms. The amount of calcification—expressed as the calcium score—may help to predict the likelihood of a myocardial infarction (heart attack) in the coming years and helps your medical doctor or cardiologist decide whether the patient may need to take preventive medicine or undertake other measure such as diet and exercise to lower the risk for heart attack.

The extent of CAD is graded according to your calcium score:

Calcium Score	Presence of CAD
0	No evidence of CAD
1-10	Minimal evidence of CAD
11-100	Mild evidence of CAD
101-400	Moderate evidence of CAD
Over 400	Extensive evidence of CAD



**Call to schedule your appointment today..... *It just might save your life.***



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