

## Cardiac Calcium Scoring

Cardiac Calcium Scoring, a painless, safe, and accurate test can tell you whether or not you are at risk for heart attack.

By evaluating and measuring (scoring) the calcium build up in your coronary arteries, we can estimate your risk for heart attack, and give you the opportunity to seek treatment and make appropriate life-style changes - giving you peace of mind that you are now in charge of your health. Remember, if you are having symptoms of heart disease, such as chest pain, shortness of breath etc., contact your doctor immediately for an evaluation.

### What are the Risk Factors for Coronary Artery Disease & Heart Attack?

- High Blood Pressure
- Diabetes
- High Cholesterol
- Family History of Heart Disease
- Smoker
- Sedentary Life Style
- Overweight by 20% or more
- High stress lifestyle
- Men over 40 years old
- Women over 50 years old

### How is Cardiac Calcium Scoring performed?

You will be asked to lie down on your back and will be scanned in our CT Scanner. Special images are taken of your heart while you hold your breath for about 20 seconds. This procedure requires no injections, treadmills, or any other preparation such as fasting.

Our physicians using special cardiac scoring software that measures the amount of calcium in your coronary arteries will interpret the information.

### When can I expect my results?

You may receive a printout of your results before you leave. In some instances, we may need to send screening results to you by US mail - in approximately one week. A copy will also be sent to the physician you designate. It is your responsibility to contact your physician for follow up evaluation for any abnormal test results (any score above zero).

Note: You do not need a prescription to obtain this exam. Since this is a screening test, most insurance companies do not reimburse for its cost. If you have a commercial insurer - we encourage you to contact them to determine coverage.

**The cost for this screening test is \$325. We accept Cash, Check, Visa, Master Card, American Express, and Discover.**

**IMPORTANT NOTE:** *Screening CT examinations of the heart, are not intended to take the place of your usual routine doctor's evaluations, but rather to give you and your doctor additional information on which to base lifestyle change and treatment decisions.*

