



Your scan has been scheduled on Date _____ Time _____

HeartScan/Calcium Scoring Patient Information

Cardiac CT for calcium scoring is a non-invasive way of obtaining information about the location and extent of calcified plaque in the coronary arteries. Plaque is a build up of fat and other substances, including calcium, which can narrow the arteries or even close off blood flow to the heart. Calcium is a marker of coronary artery disease. The findings on a cardiac CT, is expressed as a calcium score.

Men less than 35 years of age and women younger than 40 are not likely to benefit from a Cardiac CT for calcium scoring unless there are risk factors such as diabetes or a strong family history of heart disease.

There is no special preparation in advance for the cardiac CT. This test does not require any injection of contrast material. During the scan you will lay on your back for a short period of time. The test takes approximately 20 minutes. You will be asked to hold your breath in periods of 10 -15 seconds so the images can be recorded. You will be unable to wear any metal including necklaces, chains or bras with underwires.

- ✚ A negative cardiac CT scan showing no calcification within the coronary arteries suggest that atherosclerotic plaque is minimal at most, and that the chance of coronary artery disease developing over the next two to five years is very low.
- ✚ A positive test means that coronary artery disease is present even if you have no symptoms. The amount of calcification, expressed as a score may help to predict the likelihood of a heart attack in the coming years.
- ✚ The earliest form of coronary artery disease, soft plaque, cannot be detected by a HeartScan since there is no IV contrast dye given.
- ✚ The best prevention of a heart attack is to quit smoking, eat better and exercise more.
- ✚ Not all calcium deposits in the coronary arteries mean that there is a blockage, and not all blocked arteries contain calcium.

Risks

- ✚ The exam exposes the patient to a limited amount of radiation.
- ✚ Women must inform the technologist if there is any possibility that they are pregnant.

We require payment at the time of the procedure. This is a screening test and insurance does not cover the scan. The cost of the test is \$120.00 and can be paid with cash, credit card or check.

You will first need to check in on the first floor, Suite 100.