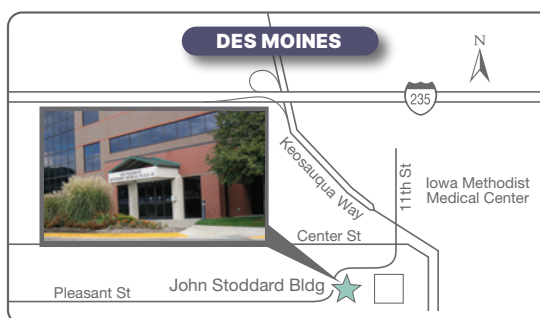


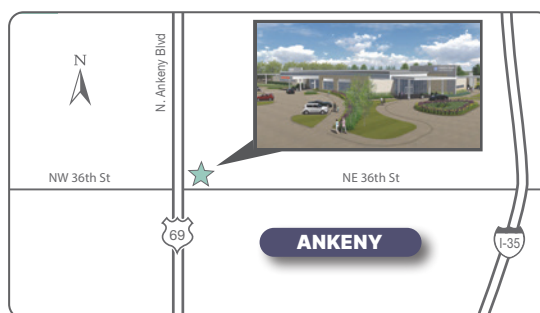
***Cardiovascular disease is
America's leading killer for both
men and women and among
all racial and ethnic groups.***



Clive Office: 12368 Stratford Drive, Ste. 300 • Clive, IA 50325
From I-80, Exit west onto University Avenue. Turn north onto 124th Street. We are the second building on the east side of the road.



Downtown Location: 1221 Pleasant St., Ste. 350 • Des Moines, IA 50309
From I-235, Exit south on Keo Way. Follow hospital signs to Methodist Hospital. We are located in Suite 350 of the John Stoddard Building. (Free parking is available in the parking garage west of the building)



Ankeny Medical Park: North Ankeny Medical Park, 3625 N. Ankeny Blvd., Suite H., Ankeny, Iowa 50023
From I-35, Exit west on 36th St. (exit # 94). Go west approximately 1½ miles and turn right (north) into the Unity Point Ankeny Medical Park. We are located inside of the Ankeny Medical Park on the north-east corner of Ankeny Blvd. and 36th Street.



515-226-9810 IowaRadiology.com

CT CARDIAC CALCIUM SCORING



A Simple Test That Can Detect Heart Problems



In Partnership With



515-226-9810 IowaRadiology.com

Our Focus is Your Good Health

What is CT Cardiac Calcium Scoring?

CT cardiac calcium scoring is used to detect plaque in your coronary arteries.

CT cardiac calcium scoring is one of the most advanced methods available today to detect heart disease in its earliest stages. The procedure identifies the calcified plaque present in your coronary arteries. While other forms of plaque may exist, only calcified plaque is detected.

CT cardiac calcium scoring will give you two very important pieces of information:

1. **The presence or absence of coronary calcium in your coronary arteries.**
2. **The degree of the coronary calcium in your coronary arteries.**



*During the test you'll be asked to rest quietly.
No medicines or injections are required.*

Why get a Cardiac Calcium Score?

Calcification in the coronary arteries is the earliest indicator of heart disease.

- **Every 29 seconds, an American suffers a heart attack**
- **Every minute an American dies from a heart attack**
- **50% of men and 63% of women who die suddenly of heart disease have no previous symptoms**
- **About 80% of the people under 65 who died of heart disease did so during their first heart attack**

Are You at Risk?

The following factors may increase your risk of coronary artery disease. Check all boxes that apply to you:

You are male and over 45 years of age.

**You are female and over 55 years of age, OR
you have passed menopause OR had your
ovaries removed and are not taking estrogen.**

**Your father or brother had a heart attack before
age 55 OR your mother or sister had one before
the age of 65.**

**You smoke OR you live/work with someone
who smokes daily.**

You have a cholesterol level of 240 or higher.

You've been told your blood pressure is high.

**You do NOT exercise at least three times a
week for at least 30 minutes each time.**

You are 20 pounds or more overweight.

**You have diabetes OR you need medicine to
control your blood flow.**

If you checked two or more boxes, you may be at risk for heart disease, a CT cardiac calcium score would help assess your risk more completely.

What Should You Expect during the Exam?

There are no special preparations needed for CT cardiac calcium scoring. No fasting, no injections, or stoppage of medication are required.

1. **You will need to lie on your back on the CT exam table for about ten minutes.**
2. **The exam is "cardiac gated" so electrocardiogram patches will be placed on your chest to synchronize the scan with your heartbeats.**
3. **The scan is painless and emits only a small amount of radiation.**

Your Test Results?

The results of your exam represent peace of mind, since early detection is the key to prevention. Should your score indicate a risk for heart disease, your doctor can recommend drug therapies or lifestyle modifications to help slow the progression of the disease. Be sure to consult your doctor for the proper treatment for you.



To reduce your risk of coronary artery disease, exercise at least three times a week, reduce fats in your diet, lower stress and stop smoking