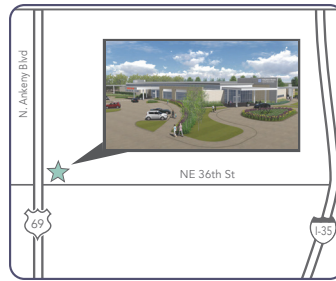


Cardiovascular disease is America's leading killer for both men and women and among all racial and ethnic groups.



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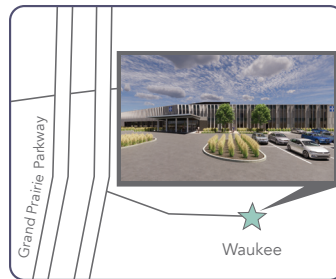
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Waukee, IA 50263

**CT CARDIAC
CALCIUM SCORING**



A Simple Test That Can Detect Heart Problems



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Updated:
07/2024

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