

Heart Scan (CT Cardiac Calcium Score)

Heart Scan

A Heart Scan (also known as a CT cardiac calcium score) is a screening test to detect coronary artery disease. It shows the amount of harmful calcium deposits you have in your heart, which is an indicator for blockages.

The CT scanner uses X-ray to take pictures of your chest, without the need for an IV or contrast.

The amount of calcium is used to calculate a score that is compared to other people of your age and gender. This score, along with other information, helps determine your risk of coronary artery disease. This has now been proven to be the most powerful predictor for heart disease.

Heart Disease Risk Factors

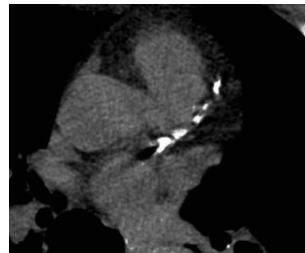
Coronary Artery disease is the **No. 1 killer in the U.S.**, affecting about 5 million people each year. Risk factors are conditions or behaviors that lead to plaque buildup.

Anyone older than age 40 and younger than age 75 with one or more heart disease risk factor is encouraged to have a heart scan, or as directed by your health care provider.

Risk factors for heart disease included:

- age
- high blood pressure
- high cholesterol
- diabetes(now mandated by American Diabetes Association, ADA, for all diabetics >age 40)
- smoking
- family history
- obesity
- physical inactivity

Coronary Artery Disease



Coronary artery disease can cause chest discomfort or pain (angina), heart attack (myocardial infarction) and heart failure. Not infrequently, the very first clinical manifestation of coronary artery disease is sudden cardiac death.

Over time, plaque can form and harden in the arteries of your heart. It narrows your heart's arteries in a process called atherosclerosis, which can restrict blood flow to your heart.

There are two types of plaque:

- **Non-obstructive:** Calcium plaque that crack can cause a clot to form within a coronary artery. The clot can stop flow to your heart, leading to heart attack or heart damage. This form of plaque is the most likely to cause a heart attack.
- **Obstructive:** Calcium plaque that continues to build up slowly over time, reducing blood flow to your heart. When this happens, you may feel symptoms such as chest discomfort, shortness of breath or unusual fatigue (tiredness) when you are physically active. Obstructive plaque does not always cause symptoms.
The more the calcium plaque in your arteries, **the greater your risk for a heart attack or heart symptoms, or cardiac death.**

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Before and During Scan

- Avoid smoking and no caffeine the day of your scan
- You'll lie on a table and the technician will put a few small electrode patches on your chest.
- The table will slide into the CT scanner.
- You will be asked to hold your breath for a few seconds so that the technician can get clear images of your heart.

Results

A cardiologist will read and analyze the images of your heart.

Your results will include your coronary artery calcium score, which shows the overall calcium build-up in your arteries.

Your health care provider can determine your risk for heart disease by using the results of your calcium score and reviewing your heart disease risk factors.

Cost

The cost for a heart scan is \$100, paid at the time of your appointment. You will receive a receipt at the time of your payment.

Locations

To schedule a heart scan, please call:

- **Buffalo Hospital**
763-684-3801
303 Catlin Street
Buffalo, MN 55313
- **Mercy Hospital**
763-236-7700
4050 Coon Rapids Blvd.
Coon Rapids, MN 55433
- **Mercy Hospital- *Unity Campus***
763-236-7700
550 Osborne Road
Fridley, MN 55433