

What is calcium scoring?

Coronary calcium scoring is a fast, safe and accurate procedure that uses a non-contrast CT scan to find the buildup of calcified plaque on the walls of the arteries of your heart.

Because calcium is a marker of coronary artery disease, the amount of calcium detected on a cardiac CT scan is a helpful diagnostic tool in detecting this disease at an early stage—before symptoms begin to show—and determining its severity. This study also allows for images of the chest region.

Do I need a provider referral?

A provider referral is NOT necessary to receive a scan. However, your provider will need to review our findings and provide a referral if additional testing is necessary.



Can you benefit from calcium scoring?

The screening is recommended for those with risk factors for developing heart disease, which include:

- Age—men 40 or older, women 50 or older
- High blood pressure
- Diabetes
- High cholesterol
- Family history of heart disease
- History of smoking
- Sedentary lifestyle
- Overweight by 20% or more
- High-stress lifestyle

If one or more of these factors apply to you, we encourage you to talk with your provider about considering this study.

Why is early detection of heart disease important?

Each year, heart attacks kill more than half a million people, and approximately half of these deaths occur suddenly without prior symptoms. However, if the risk factors leading to a heart attack are identified early enough, 85 percent of sudden heart attacks may be prevented.

Schedule your coronary calcium scoring today for just

\$99



Something to think about:

Coronary heart disease is the leading cause of death among American adults.

Individuals who often feel healthy and exhibit no symptoms may discover their first and only sign of clogged arteries is a heart attack. Calcium scoring can help determine *your* risk for developing heart disease. Along with your medical provider, you establish a plan of action for lifestyle modifications and/or further testing or treatment.

What do the results mean?

The ideal calcium score is zero. A score of one or higher indicates *some* risk of heart disease, and your cardiologist or provider can recommend lifestyle changes, treatment to help slow progression of the disease or further testing.

Calcium Score	Presence of Plaque
0	No evidence of plaque
1-10	Minimal evidence of plaque
11-100	Mild evidence of plaque
101-400	Moderate evidence of plaque
Over 400	Extensive evidence of plaque