

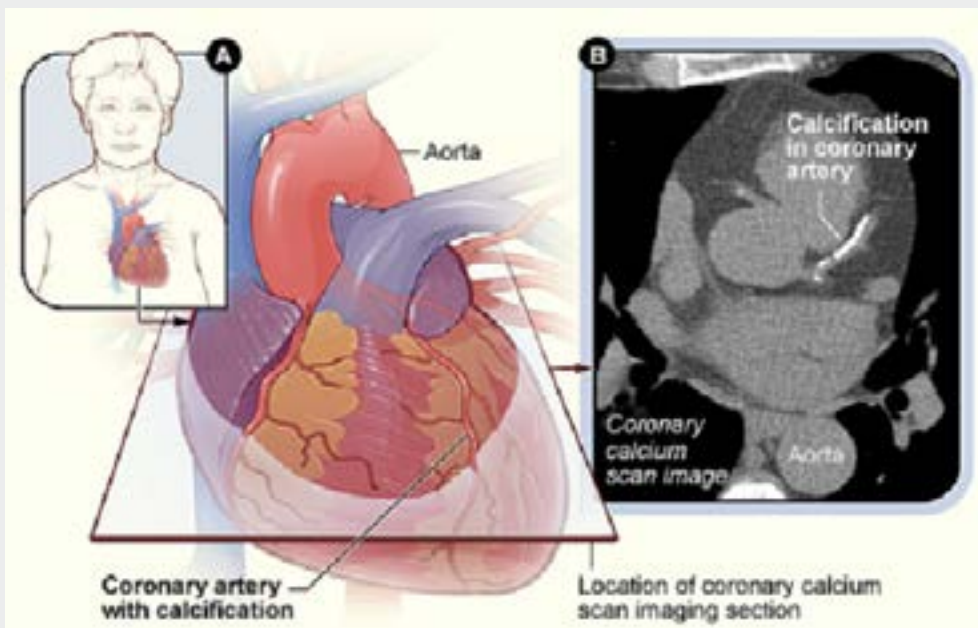
CALCIUM SCORING

A calcium score test (or heart CT scan) is a 10-minute CAT scan test requiring no needles or patient prep. It allows doctors to look at the arteries of your heart from outside the body to check for blockages that cause heart attacks. Coronary calcium scoring involves very little radiation (comparable to that of a mammography test) and is safe.

Who should have the calcium scoring test?

Calcium scoring is for adults 45-80 without symptoms or known heart disease, but who have 1, 2 or more risk factors for heart disease, such as:

- High blood pressure
- High cholesterol
- Family history of heart disease
- Diabetes
- Obesity
- Tobacco use



Source of graphic: NHLBI Health Information Services as part of NIH and US Dept. of Health & Human Services

What do my test results mean?

Your doctor will discuss your results with you, but here's some basic information.

Calcium score	Implication	Risk of Coronary Event
0	No identifiable plaque	Very low, generally less than 1 percent. <i>No followup necessary.</i> <i>Retest in five years.</i>
1-99	At least minimal atherosclerotic plaque	Mild or minimal coronary narrowings likely. <i>Patient should follow up with primary care physician.</i>
100-399	At least moderate atherosclerotic plaque	Mild coronary artery disease highly likely, significant narrowings possible. <i>Patient should follow up with primary care physician.</i>
400-999	Extensive atherosclerotic plaque	High likelihood of at least one significant coronary narrowing. <i>Patient should follow up with primary care physician or cardiologist.</i>
1000 or above	Very extensive atherosclerotic plaque	<i>Schedule a SAME DAY followup with primary care physician or cardiologist.</i>

Source: The National Heart Health Program
www.nationalhearthealth.org



The Heart Health App
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