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What is Cardiac Calcium Scoring?

A cardiac CT scan for coronary calcium is a non-invasive, low radiation way of obtaining information about the presence, location and extent of calcified plaque in the coronary arteries. Calcified plaque results when there is a build-up of fat and other substances under the inner layer of the artery. Over time, progression of plaque buildup, or Coronary Artery Disease, can close off blood flow to the heart, which can result in chest pain or a heart attack. Because calcium is a marker of CAD, the amount of calcium detected on a cardiac CT scan is a helpful prognostic tool.



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CARDIAC CALCIUM SCORING

Stewart Memorial Community Hospital Medical Imaging
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BENEFITS

By using calcium scoring, patients get a real visual of the plaque in their arteries. This helps emphasize the importance of lifestyle changes and lifelong medication.

With the information obtained from the test, the amount of calcification can be determined, which is represented as a calcium score. The calcium score can be used to predict the chance of a heart attack in the future, helping your doctors and cardiologists decide on the best treatment.

Coronary Artery Disease Risk Factors

- Age 40+
- High blood cholesterol levels
- Family history of heart disease
- Diabetes
- High blood pressure
- First- or second-hand smoking
- Overweight or obese
- Physical inactivity

The lower your cardiac calcium score and percentile rank, the lower your chance of having a cardiac event in comparison to people of your age:

- A calcium score of 0 means there is no evidence of heart disease
- 1-10 is for minimal evidence of heart disease
- 11-100 is for mild evidence of heart disease
- 101-400 is for moderate evidence of heart disease
- Over 300 is for extensive evidence



FAQ

→ Who should be screened?

Anyone with two or more risk factors but no clinical symptoms should be screened.

→ How much does it cost?

This exam costs \$99.00, and payment is required before the service is provided.

→ How should I prepare?

No special preparation is necessary. You should continue taking your usual medications, but avoid caffeine and smoking for four hours beforehand.

→ When will I get my results?

All exams are read within 24 hours. You will make a separate appointment with your primary care provider to go over the results at your convenience.

