

Why have a coronary calcium scan?

Coronary calcium scoring is a simple, fast, safe and accurate procedure that uses a CT scan to identify buildup of plaque in the walls of the arteries of the heart. It enables the physician to estimate your risk of heart attack, detect heart disease in early stages, and even treat a heart condition before the patient experiences any symptoms of the disease.

Treatment may include recommendations for lifestyle changes or medical therapy to decrease your risk of having a heart attack or even sudden death. This type of intervention can help patients avoid potential extensive, and many times irreversible damage.

Who should have a scan?

All men and women with an intermediate risk for coronary artery disease should consider having a coronary calcium screening. You are encouraged to have a heart scan if you have one or more of the following risk factors:

- Family history of heart disease
- High cholesterol
- High blood pressure
- Current or prior tobacco usage
- Age (men age 40 and older, women age 45 and older)

Scheduling Your Exam

Your physician may order a Coronary Calcium Scoring exam at either our Kearny Mesa or Oceanside office.

Insurance coverage for this examination is dependent upon the specifics of each patient's insurance plan. Patients may also elect to have a Coronary Calcium Scoring exam performed if the insurance does not cover, for a discount cash payment.



San Diego Imaging Kearny Mesa

7910 Frost Street, Suite 100 | San Diego, CA 92123
Tel 858.634.5900 | Fax 858.634.5990

San Diego Imaging Oceanside

3909 Waring Road, Suites B & C | Oceanside, CA 92056
Tel 760.630.0014 | Fax 760.630.0015

A Patient's Guide to Coronary Calcium Scoring



Heart Disease is the number one killer for both men and women in the United States.

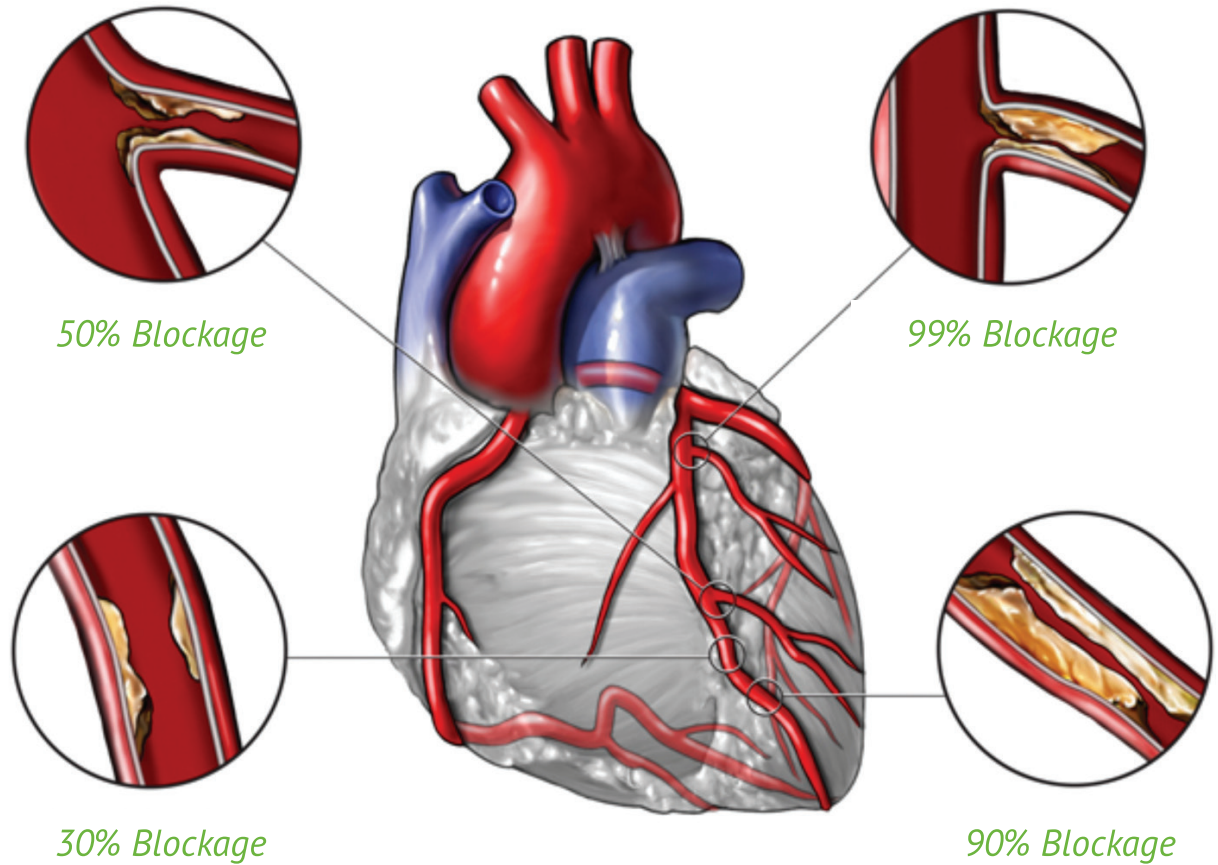
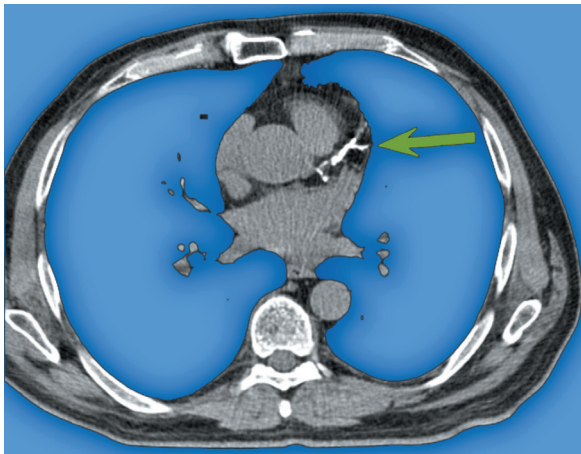
What is Coronary Calcium Scoring?

Many times, people with heart disease have few visible symptoms. Yet heart disease is the number one killer for both men and women in the United States.

A simple CT heart scan called Coronary Calcium Scoring can detect your risk of cardiovascular disease. The noninvasive exam takes only minutes to perform and is used to determine the presence of calcified plaque along the course of the arteries.

Plaque is composed of fat, cholesterol and calcium. The plaque in the coronary arteries (the arteries that supply blood to the heart) can narrow blood flow. This condition, known as atherosclerosis, increases the likelihood of a future heart attack, heart failure and stroke.

The result of the test is called a 'coronary calcium score.' The amount of calcium detected during the scan is used to calculate a score that is combined with other health information to determine your risk of coronary artery disease and heart attack.



Early detection enables physicians to provide aggressive treatment that will hopefully prevent major heart attacks or even death.