



The Calcium Scoring Exam *Information for Patients*

Heart Disease: Are you at risk?

Are you – or someone you love – at risk of heart disease? Think about this:

- ♥ **1 out of 4 Americans has some form of heart disease.**
- ♥ **More than 500,000 Americans will die of heart attacks this year.**
- ♥ **Over Half of those who die will have had no previous symptoms.**

Now, here's the good news: 85 percent of heart disease can be halted or prevented, if the conditions that lead to heart attacks are diagnosed early enough.

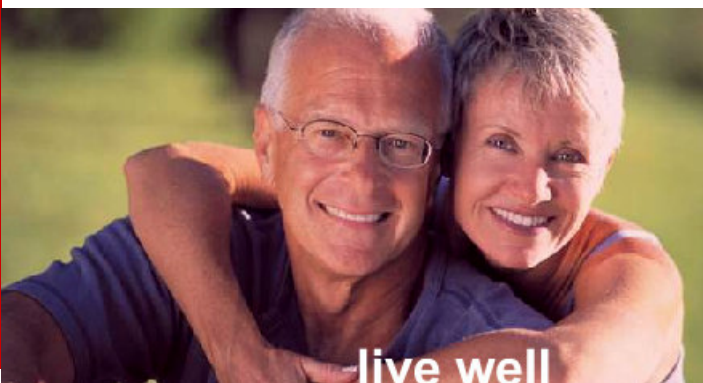
Preventing coronary artery disease starts with awareness

Calcified plaque in the arteries is a risk factor that may lead to coronary artery disease (CAD). Many people call this “hardening of the arteries.” As more plaque builds up, arteries get narrower and the risk of a sudden heart attack can increase.

Now there's a new breakthrough, the calcium Scoring exam, that allows us to detect the amount of calcium plaque, if any, in the coronary arteries. It's preformed with a CT scanner, so it's completely non-invasive and painless. The calcium scoring exam typically takes less than 15 minutes. Unfortunately, most health insurance plans and Medicare do not reimburse for this procedure.

What you can expect during your calcium scoring exam

You won't have to do anything special to prepare for your calcium scoring exam. When you come for your exam, our technician will ask you to lie on a comfortable table. The technician will then attach electrocardiogram (EKG) leads to your chest. The table will then be moved into the proper scanning position. Next, the technician will initiate the scan. You'll be in constant visual and voice contact with the technician throughout the procedure. As your CT scan proceeds, you may hear a quiet, fan-like sound and a beep each time a picture is taken.

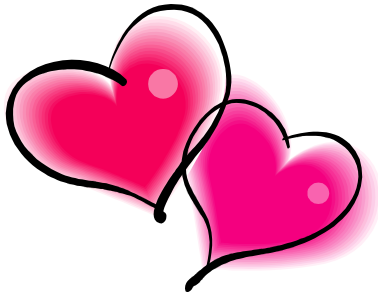


You won't feel the scan at all: just relax and try to lie as still as possible. Our technician will ask you to hold your breath to obtain the best images. Once you're finished, the technician will help you get off the table. That's all there is to it.



Heart Disease:

It's Extremely common –and usually preventable



You'll receive a report you can use...

After the exam is completed, you'll receive a report and a copy will be sent to your doctor. The report can be used as a tool to identify steps you might take to prevent serious heart disease.

What if you find calcium plaque?

Detection of calcium plaque may indicate some coronary disease. But remember, 85 percent of all coronary artery disease can be halted or prevented if the conditions that lead to heart attacks are diagnosed early enough. Your doctor will be able to recommend the right treatment plan for you.

If NO calcium plaque is present...

You probably do not have any coronary artery disease, and your risk of heart attack is very low. Of course, you should still work to reduce your risk factors by eating right, exercising regularly and avoiding smoking – but for now, you can relax!

Know the symptoms of a heart attack and stroke:

Regardless of your test results, everyone should know the warning signals of a heart attack. If you feel any of these symptoms, see your doctor or visit the emergency room immediately:

- ⇒ Uncomfortable chest pain, fullness, pressure or squeezing
- ⇒ Pain spreading to the shoulders, neck or arms
- ⇒ Chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath
- ⇒ Sudden numbness or weakness of face, arm or leg, especially on one side
- ⇒ Sudden confusion, or trouble with speaking, understanding, walking, balance or sight.
- ⇒ Sudden severe, unexplained headaches

How do I find out more?

Ask your doctor for more information about the Cardiac Scoring exam, or to schedule an appointment. It'll only take a few minutes, but it might save your life or the life of someone you care about!

If health plan payment is important in your decision, contact your plan to determine coverage.

You can schedule an appointment by calling **952-915-2424**



Minnesota Heart Clinic
6405 France Ave. South
Edina, MN 55435
www.minnesotaheart.com

