

YOUR GUIDE TO

CARDIAC CALCIUM SCORING

WHAT IS CARDIAC CALCIUM SCORING?

Cardiac Calcium Scoring is a heart screening study that evaluates your risk of coronary artery disease (CAD) by using a CT scanner to acquire images of the vessels supplying blood to your heart.

This test detects the amount of calcium build-up in the walls of the coronary arteries. This build-up restricts the blood flow and can cause a heart attack.

The findings on the Cardiac CT are expressed as a "Calcium Score". A high score for your age group is statistically associated with increased risk of coronary events.

CANDIDATES FOR CARDIAC CALCIUM SCORING

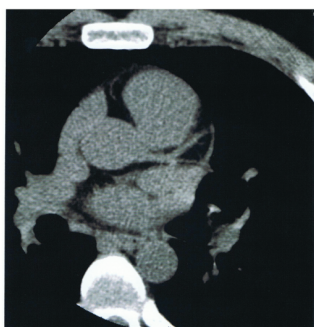
Who are good candidates for Calcium Scoring? Major risk factors for CAD, other than men over the age of 40 or women over the age of 45, are:

- Family history of heart disease
- High cholesterol
- History of smoking
- High blood pressure
- Diabetics, or
- Physically inactive or overweight and obese

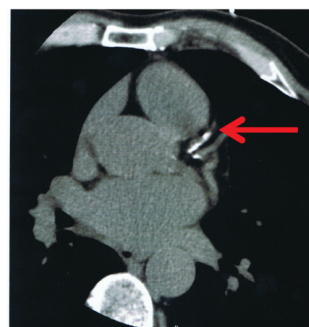
HOW LONG IS THE EXAMINATION

Please allow around 30 minutes for your appointment. On arrival, you will need to register and complete some paperwork. The scan time is quite fast and you will only be on the CT scanner for around 5-10 minutes.

Once the images have been acquired, they are then loaded onto a specialised image workstation. Here the arteries are tracked throughout their course around the heart; any calcified plaques identified are measured for their size and location within the arteries.



NORMAL: Normal left main and left anterior descending arteries



ABNORMAL: Calcified plaque in the proximal left anterior descending and first diagonal arteries

HOW SHOULD I PREPARE FOR THE PROCEDURE?

No special preparation is required for this examination. You may continue to take your usual medications, but should avoid caffeine and smoking for four hours before the exam.

You should wear comfortable, loose fitting clothing. You may be given a gown to wear during the procedure.

We may ask you to remove any metal items or jewellery before the procedure.

You will be asked prior to the examination to fill out a brief questionnaire in order to establish your individual risk factors. It is beneficial for you to be aware of your height, weight, blood pressure and cholesterol level and any family history of cardiovascular issues.

Please bring any previous calcium score imaging and results for comparison.

Please also bring the request form from your doctor which instructs us as to why the scan has been requested.

WHAT HAPPENS AFTER THE SCAN?

After the scan you are free to eat and drink normally.

You should be able to drive a car and return to normal activities.

Your doctor will receive your results electronically within 72 hours after your examination.

COST

The government does not provide any Medicare rebate for Cardiac Calcium Scoring CT. Patients are responsible for the full cost of the scan and are asked to settle the account on the day of service.

WHERE CAN I HAVE A CARDIAC SCORE CT?

MURDOCH

St John of God Medical Clinic
100 Murdoch Drive, Murdoch
(ent. off Barry Marshall Parade)
T: 9333 9200 F: 9333 9286

SUBIACO

St John of God Subiaco Hospital
12 Salvado Road, Subiaco
T: 9286 6499 F: 9286 6481

HOLLYWOOD

Hollywood Private Hospital
115 Monash Avenue
T: 9449 5853 F: 9389 8112