

What is included in your Heart Scan?

- A call from a nurse after the heart scan to review your results.
- Two-page report with breakdown of specified coronary artery scores
- Review and recommendations by a cardiologist, if score is elevated

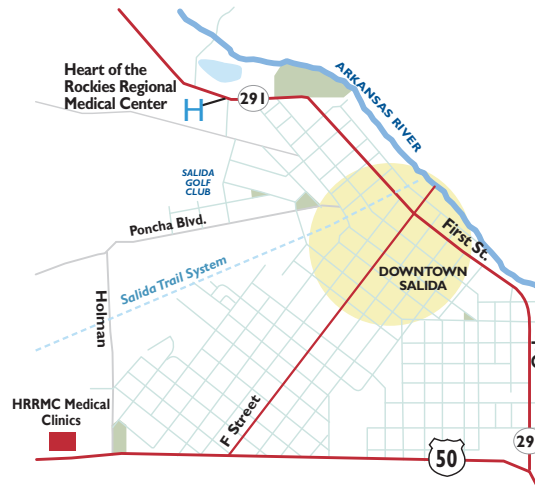


Other important information about a Heart Scan

- If experiencing symptoms, such as chest pain or heaviness, you should consult a physician.
- A high heart rate may interfere with the test. If your heart rate is more than 90 beats per minute, your test may be rescheduled.
- A heart scan may indicate other conditions such as lung nodules. Should your CT scan detect a lung nodule, this will be shared with you and included in the report to your primary care physician.
- If you are under age 50, CAD can still be present without calcium even if your calcium score is low.
- Please check with your insurance carrier as a heart scan may be covered under your plan. The procedure code for a calcium score or heart scan is #75571.
- The CT Scanner has a weight limit of 650 lbs. Please check with the staff when scheduling your appointment if you have questions about this.

To schedule an appointment
for a heart scan, call
719-530-2320.

All heart scans are done at the main hospital campus.
Heart of the Rockies Regional Medical Center
1000 Rush Dr. Salida, CO 81201



HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

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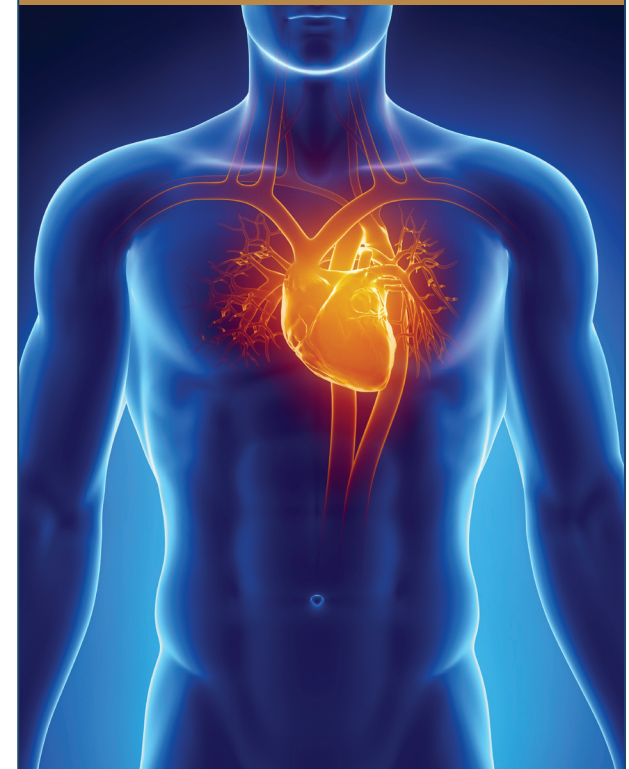
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HEART OF THE ROCKIES
REGIONAL MEDICAL CENTER

YOUR HEART SCAN AND CORONARY CALCIUM SCORE



1000 Rush Drive, Salida, CO 81201
www.hrrmc.com

What is a Heart Scan?

A heart scan, also known as a coronary calcium scan, takes pictures of your heart with a CT scanner. The scan is looking for calcium particles in the plaque along the walls of the heart's (coronary) arteries. As plaque builds up, it can harden and become "calcified." This can clog your arteries and slow the blood flow so that your heart doesn't get enough of the oxygen-rich blood it needs. Knowing your calcium score can help your doctor determine the best treatment for slowing the progression of Coronary Artery Disease (CAD).

Who benefits from a Heart Scan?

Individuals with one or more of the following risk factors may benefit from a heart scan:

- High cholesterol or triglyceride levels
- Personal history of diabetes or high blood pressure
- Men over 45 and women over 50 years of age
- Past or present smoker
- Elevated weight
- Limited or no exercise routine
- Family history of early heart attack (parents or siblings)

What happens during a Heart Scan?

A heart scan is fast and painless. It can be completed within 15-20 minutes and does NOT require the injection of contrast dye. The scan is performed while you are lying flat on your back and the technologist will position you on the CT table to make sure you are comfortable before the scan begins. EKG leads will be placed on your chest so the scanner program can detect the best possible time to take images. The technologist can hear, see and communicate with you at all times during the scan. Immediately after the test, you may resume normal activities.



What about radiation risk?

Our staff takes all measures to reduce and minimize your exposure to radiation. We use a low-dose radiation CT scanner that reduces your exposure.

How do you prepare for a Heart Scan?

- No caffeine or smoking 12 hours prior to your heart scan
- Do not take Cialis or Viagra 12 hours prior to your heart scan, but you are free to take other prescribed medications.
- You do not have to fast, so you can eat your regular meals.
- Wear comfortable clothing.
- You will be asked to remove any metal (undergarments, jewelry, etc.) that will be in the scan field.

Calcium Score	Risk of Coronary Artery Disease
0	Very low, generally less than 5%
1-10	Very unlikely, less than 10%
11-100	Mild or minimal coronary narrowings likely
101-400	Mild coronary artery disease highly likely, significant narrowings possible
401 or Higher	High likelihood of at least one significant coronary narrowing

A nurse will contact you by phone after the heart scan to review your results. If your calcium score is elevated, a cardiologist will make follow-up recommendations for you and your primary care physician.

Why should I know my calcium score?

Heart disease is the number one cause of death worldwide, with more people dying each year from heart attacks and strokes than any other cause.* If your calcium score is elevated, you can make appropriate lifestyle and medication changes to help reduce your chance of suffering a heart attack or stroke.

**World Health Organization, 2015*



What does your calcium score mean?

The calcium score reflects the amount of calcified plaque in your coronary arteries. A negative scan means no calcified plaque has built up in your coronary arteries. A positive scan means coronary artery disease (CAD) is present. The amount of calcified plaque helps your physician decide on treatment goals and/or the need for further diagnostic testing. The ranges can be seen in the chart below.