



Cardiac Calcium Scoring

Coronary Artery Disease is the leading cause of death in American men and women today. Find out if a non-invasive heart scan using advanced 64-slice CT imaging technology is right for you.

The CT Cardiac Calcium Scoring Exam

Minor & James Medical offers a special testing program to help you **determine your heart health**. The CT Cardiac Calcium Scoring (Calcium Score) is a non-invasive form of a CT scan that captures images of the heart at split-second rates, detecting plaque buildup (calcium) in the coronary arteries.

Benefits of this Screening

In many cases, the rate at which plaque builds in the arteries can be slowed or stabilized through lifestyle changes and/or medication therapies with the help of a physician. This test, along with other indicators, helps to determine the extent and severity of coronary artery disease so an appropriate heart health plan can be developed for you.

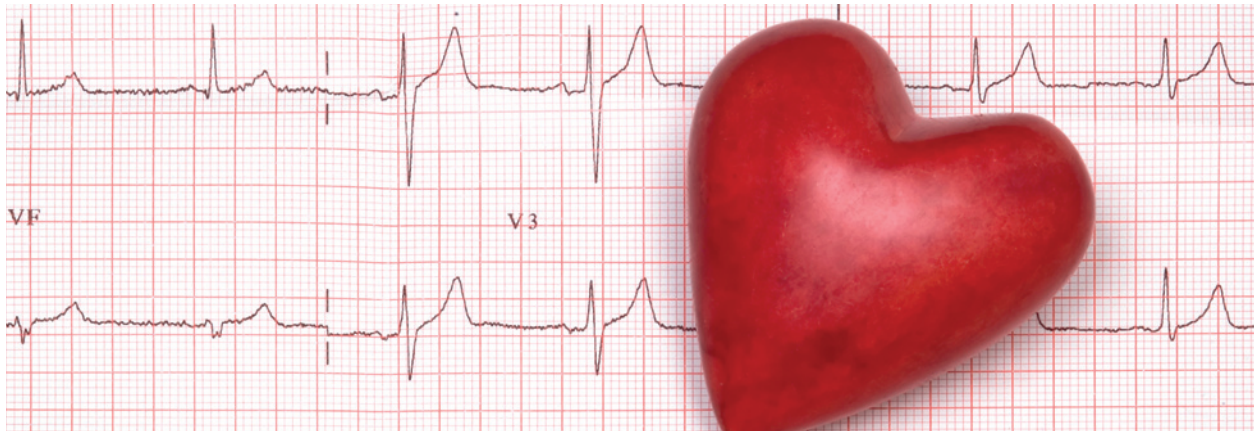
A Simple and Quick Procedure

During the procedure, you will lie down on the CT imaging table, and a technologist will place some cardiac electrode leads on you. You will be asked to hold your breath while the images are taken by the CT camera. **The test usually takes less than 20 minutes.** A board-certified radiologist then reviews the images and calculates your score. Your calcium score will be compared to the standard for your age and gender and results are sent to your physician within 48 hours.

Who Should Consider Calcium Scoring?

Men age 45 or older, women age 55 or older and people who:

- have a family history of heart disease
- smoke or have history of smoking
- have Diabetes
- have high cholesterol
- have high blood pressure
- are overweight



Scheduling Your Heart Scan

First, contact your physician and determine if you are a good candidate for this exam. If so, your physician can provide you with a written order for this test. Then, call us at (206) 386-9699 to schedule your scan.

Preparation for a Heart Scan

Before your exam ...

- Do not eat or drink food or beverages containing caffeine.
- Do not eat chocolate.
- Do not eat foods containing sugar.
- Avoid exercise 4 hours prior to the scan.

Pricing and Insurance Coverage

The charge for this exam at Minor & James Medical is \$150, and full payment is due at the time of service. Cash, check, Visa, MasterCard and Discover Card are all accepted forms of payment. Unfortunately, Medicare and insurance companies are not currently providing reimbursement for this test.



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