

Heart Disease... Am I At Risk?

Risk Factors

The following factors may increase your risk of heart disease. Please check all boxes that apply to you.

- ☐ Are you male and over 45 years of age?
- ☐ Are you female and over 55 years of age, OR, you have passed menopause or had your ovaries removed and are not taking estrogen?
- ☐ Has your father or brother had a heart attack before age 55 OR your mother or sister had one before the age of 65?
- ☐ Do you smoke OR live/work with someone who smokes regularly?
- ☐ Do you have a total cholesterol level of 6.2 mmol/l or higher?
- ☐ Do you have high blood pressure?
- ☐ Are you 20+ pounds overweight?
- ☐ Do you exercise less than three times a week?
- ☐ Do you have diabetes OR you need medicine to control your blood flow?

Some basic ways to keep your heart healthy:

- ✓ Don't smoke
- ✓ Maintain healthy cholesterol and blood pressure levels
- ✓ Maintain a healthy weight
- ✓ Choose heart-healthy foods
- ✓ Keep active
- ✓ Avoid stress or help reduce it by exercising
- ✓ Know your family history

Book An Appointment

For more information or to book an appointment, contact us!

To book an appointment, please have your health care card, doctor's name, and requisition form (provided by your doctor) with you.

Phone

Local: 780-669-2222

Toll Free: 1-866-771-9446

Online

www.x-ray.ca

Speak With Your Doctor

Insight Medical Imaging accepts requisition forms from any diagnostic imaging provider.

Booking Hours*

Monday – Friday	8:00 am - 7:00 pm
Saturday	9:00 am - 4:00 pm
Sunday	Closed

**hours subject to change*

CALCIUM SCORING



PREDICTING CARDIAC EVENTS WITH CORONARY ARTERY CALCIUM SCORING



What Is Coronary Artery Calcium Scoring?

Fast and Non-Invasive

This is a non-invasive test performed with a CT scanner that does not require the use of an injected contrast agent (dye). The test takes only a few minutes and allows for precise determination of the extent of coronary artery calcification.

Predicts Future Cardiac Events

Because calcium is a marker of **Coronary Artery Disease (CAD)**, the amount of calcium detected on a cardiac CT scan is a useful tool. The amount of plaque present correlates with your risk of having a heart attack. Knowing your coronary calcium score may help you determine your risk for future cardiac events and help you make lifestyle and treatment decisions.

Improved Risk Profiling

Calcium score* alone is more predictive than all other risk factors (increased cholesterol, reduced HDL, history of smoking/hypertension) in assessing the risk of developing symptomatic coronary disease.

* CT Coronary Calcium studies are not reimbursed by Alberta Health and Wellness, so there is a cost for the examination. Insight Medical Imaging offers a variety of payment options, including Visa, MasterCard, and Debit.

Who Should Consider The Test?

Indications

Males over 40 and females over 50 with one or more of the following risk factors:

- family history of heart disease
- smoking
- diabetes
- high cholesterol
- high blood pressure
- overweight
- postmenopausal women under 50

Patients with borderline indications for prevention therapy (ie. elevated lipids) who are undecided about taking medication or committing to aggressive therapy.



Procedure, Risks and Results

Procedure

Coronary Artery Calcium Scoring is a non-invasive procedure. In order to monitor cardiac activity, electrodes are attached to your chest. As with any CT scan, a small amount of radiation is involved, however, there are no needles or contrast injections. The entire procedure should take about ten minutes. There is no special preparation for Coronary Artery Calcium scoring.

What do the test results show?

Your scan report will include a calcium score, also called an Agatston score, which is based on the amount of calcium found in your coronary heart arteries. If the CT scan shows no calcification within the coronary arteries, this suggests that atherosclerotic plaque is minimal or not present and that the chance of **Coronary Artery Disease** developing over the next two to five years is very low. If there is calcification, coronary artery disease is present regardless of whether or not you are experiencing symptoms. The score can help to predict the risk of a heart attack in upcoming years.

Limitations

Patients who have already had a heart attack or who have had another test showing **Coronary Artery Disease** will not likely obtain additional information from a coronary artery calcium score. Patients over 75, who already have a high probability of **Coronary Artery Disease**, will likely not benefit from this test. This test does not define the severity or location of a particular individual stenosis (abnormal narrowing of a body channel) and is not a substitute for stress testing, nuclear cardiology, CT angiography, or catheter angiography.