

Why We Recommend CT Calcium Score Evaluation

What is a CT Calcium Score? A CT Calcium Score (Coronary Artery Calcium Score) is a specialized CT scan that measures the amount of calcium in the walls of your heart's arteries. This test helps assess your risk of heart disease by detecting early signs of plaque buildup that can lead to blockages and heart attacks.

Why is This Test Important? Heart disease is a leading cause of illness and death, often developing silently over time. The CT Calcium Score provides valuable information about your heart health that other routine tests, like cholesterol checks, may not fully reveal.

Who Should Consider This Test? We recommend a CT Calcium Score for individuals who:

- Are over the age of 40 with risk factors for heart disease
- Have a family history of heart disease
- Have high cholesterol, high blood pressure, or diabetes
- Are smokers or former smokers
- Are overweight or lead a sedentary lifestyle
- Want a more precise assessment of their heart disease risk beyond traditional testing

Benefits of the Test:

- **Early Detection:** Identifies signs of heart disease before symptoms develop.
- **Risk Assessment:** Helps determine your risk level for future heart attacks.
- **Personalized Prevention:** Guides lifestyle and treatment decisions, such as diet changes, exercise plans, or medications.
- **Non-Invasive:** Quick, painless, and requires no injections or contrast dye.

What to Expect During the Test:

- The scan is performed using a CT scanner and takes only a few minutes.
- You will lie on a table while the scanner takes detailed images of your heart.
- No special preparation is needed, but you may be asked to hold your breath briefly during the scan.

Understanding Your Results:

- A calcium score of **zero** means no detectable plaque, indicating a low risk of heart disease.
- Higher scores indicate increasing amounts of plaque, suggesting a greater risk of heart-related issues.
- Your doctor will discuss your results and recommend any necessary lifestyle changes or medical treatments.

Take Control of Your Heart Health A CT Calcium Score is a powerful tool in understanding and preventing heart disease. If you have risk factors or are concerned about your heart health, talk to your doctor today about whether this test is right for you.