



Heart Facts

Comprehensive Adult and
Pediatric Cardiovascular Care

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CARDIOVASCULAR CT, A REVOLUTIONARY STEP IN DIAGNOSTIC CARDIOLOGY.

Cardiovascular CT (CVCT) is a new and revolutionary procedure where, with the use of the newest 64 slice CT scanner, cardiologists can visualize the inside of the coronary arteries. In a matter of seconds the CT scanner can create amazingly clear, detailed and accurate images of the heart and vascular system. This is a great benefit to patients in that it means an easier, non-invasive diagnosis and earlier detection of cardiovascular symptoms or developing problems, such as coronary artery disease (CAD).



Cardiac CT Angiography of a healthy heart with normal arteries.

As a leader in comprehensive cardiovascular care, from preventative cholesterol & lipidology management to accurate diagnosis and treatment methods for adult and children, Cardiology Associates was the first private practice in the country to acquire the GE VCT Lightspeed® 64 slice scanner, offering the most up-to-date technology to its patients and the communities of the Gulf Coast Region.

Cardiac CT Angiography and *Peripheral CT Angiography* are forms of CVCT where, in a single rotation, the scanner takes 64 credit card thin pictures and combines them to form a three dimensional view of the heart or body's vascular system. The scanner effectively freezes the motion of the heart, helping to en-



GE VCT Lightspeed® 64 slice scanner enables more accurate diagnosis of arterial blockages using unprecedented revolutionary speed.

sure the most accurate representation ever viewed of the heart's anatomy.

Physicians are now able to see, with amazing clarity, whether significant CAD is present or determine the presence and severity of calcium build up in the vessels (cardiac calcium score) leading to the heart or other areas of the body.



Peripheral CT Angiography shows total blockage of blood flow.

Also, for those whose symptoms are not clearly cardiac in origin or patients with atypical chest pain, CVCT provides a non-invasive and accurate method for diagnosis.

This procedure is now covered by most insurance companies. For additional information on CVCT and how it may be a benefit to you, contact your primary care physician or one of our offices.

INSIDE THIS ISSUE

Do you really know your risk for heart disease? Take a closer look at cardiovascular CT and find out...

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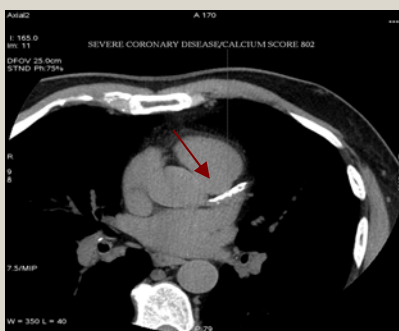
Do You Know Your Risk for Cardiovascular Disease ?

Cardiac Calcium Scoring and **Cardiovascular CT** are two great assets in the effort to save lives for those with, or those at risk for developing coronary artery disease (CAD). These non-invasive procedures, using the 64-slice CT scanner, have set precedent by using the most up-to-date technology in the country today and enhancing the delivery of cardiovascular care to the residents of southern Alabama and the Mississippi and Florida gulf coast region.

Cardiac Calcium Scoring (CCS), a simple screening test, can detect early and subtle signs of heart disease before symptoms are present. It provides an assessment of one's overall risk for coronary artery disease, helping to predict the likelihood of a cardiac event such as a heart attack or the need for further vascular assessment such as a Cardiac CT Angiography or a coronary intervention. It is the only screening test that looks directly at the heart's arteries to determine presence and density of the calcified plaque in the arteries. CCS can be self-scheduled, however, it is important to share your calcium score results with your physician so that you may be medically advised on any necessary treatment or how to modify your risk factors as it pertains to your heart health.



A calcium score of zero.
Showing no significant signs of CAD present.



A calcium score of 802.
Showing significant signs of CAD present.

Who should consider Cardiac Calcium Scoring ?

- Family History of Heart Disease
- High Cholesterol
- High Triglycerides
- Low HDL
- High Blood Pressure
- Diabetes
- Overweight
- Inactive Lifestyle
- Women over 55
- Men over 45

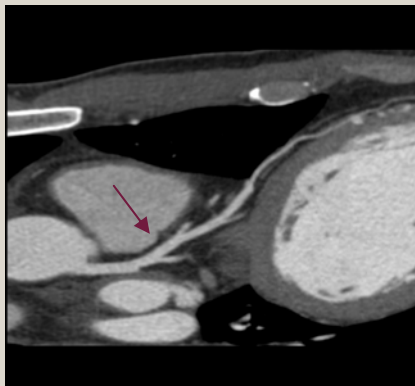
Now You Can With the Latest Cardiac CT Procedures.

Both **Cardiovascular CT** and **Cardiac Calcium Scoring** are performed at Cardiology Associates' office at Springhill Medical Center, using the GE VCT Lightspeed ® 64-slice CT Scanner, by a specially trained CT technologist and registered nurse. Results are read by Cardiologists with special training in the interpretation of Cardiovascular CT.

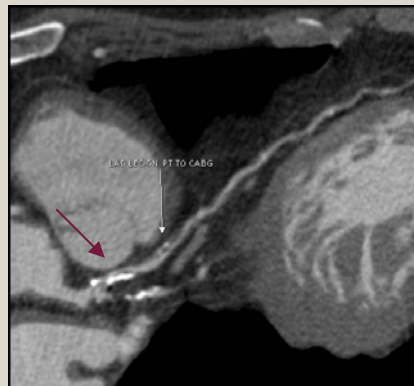
In conjunction with an assessment of your cardiac risk factors, if you are interested in learning more about Cardiac Calcium Scoring or Cardiovascular CT contact your primary care physician or our offices, 607-9797 in Mobile; 990-9500 in Baldwin County.

Cardiovascular CT (CVCT), is a more detailed look at the heart and/or vascular system using an IV and contrast dye. CVCT images are 3 dimensional and similar to those of an invasive heart catheterization. CVCT identifies not only the blockages present but the types of plaque that make up the blockages. It also provides precise pictures of how the blood flow is going through the arteries and whether there are any restrictions in blood flow. Patients considered at moderate risk are typically the most appropriate candidates for CVCT. Your cardiologist or primary care physician will assist you in determining if CVCT is a recommended test for you.

Cardiac CT Angiography with no signs of blockage.



Cardiac CT Angiography of heart with severe blockages.



Coronary Artery Disease Risk Level Guidelines

High Risk

- Over the age of 65
- High cholesterol and blood pressure levels
- Smoke
- Diabetes
- Family history of CAD

Moderate Risk

- 45 years or older
- Asymptomatic chest pain
- Inconclusive stress test
- Metabolic syndrome
- Smoke
- Elevated cholesterol and/or blood pressure levels

Low Risk

- Under the age of 45
- Normal cholesterol & blood pressure levels
- Non-smoker
- No family history of CAD



Recipe for a Healthy Heart



Coronary Artery Disease is the number one leading cause of death for both men and women in the United States. It is now more important than ever to begin healthy lifestyle habits to help prevent disease and markedly improve a person's quality of life. This is important for both adults and children.

10 Tips for Adults for a Healthy Heart

1. Don't smoke and avoid secondhand smoke where possible.
2. Exercise. 30–60 minutes at least 3–5 times a week.
3. Maintain a healthy weight.
4. Check your cholesterol levels
5. Maintain healthy cholesterol levels
6. Check your blood pressure.
7. Maintain a normal blood pressure
8. Take medicines as prescribed
9. Take Omega 3-fatty acids.
10. See your doctor regularly.

7 Tips for Children for a Healthy Heart.

1. Limit television to no more than 1 hour per day.
2. Get moving outside 30 minutes a day.
3. Eat five servings of fruit and vegetables daily.
4. Avoid fast food and eat in moderation.
5. Don't smoke.
6. See your pediatrician regularly.
7. Report unusual feelings, such as a racing heart or feeling faint to and adult.

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