

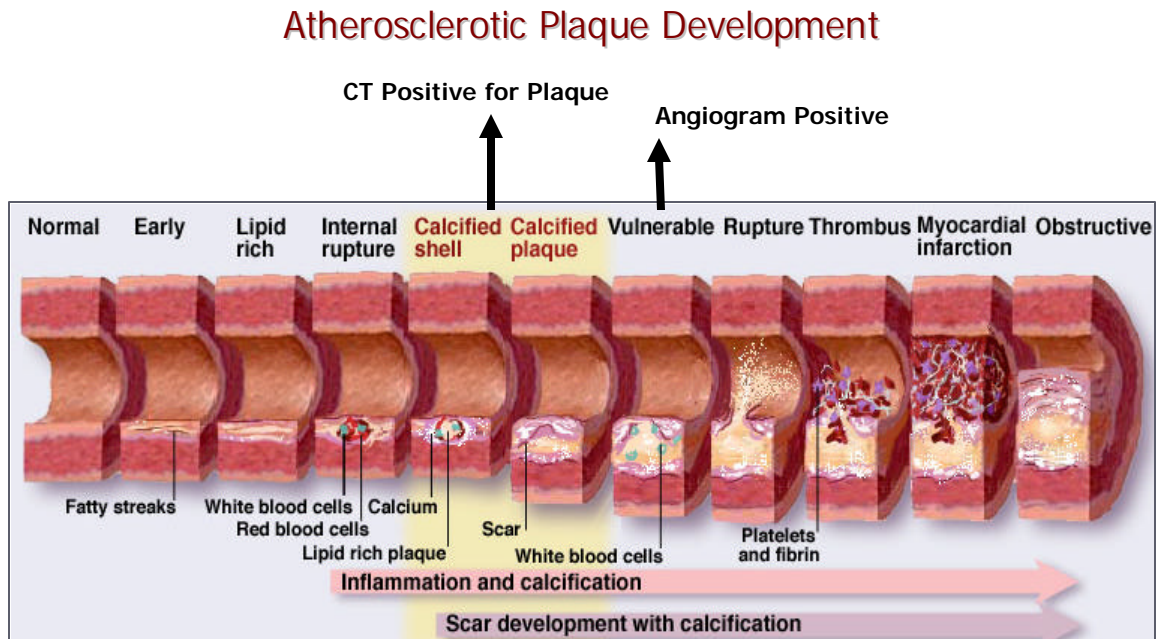
What Is Cardiac Calcium Scoring and How Can It Save My Life?

What Is Cardiac Calcium Scoring?

A calcium score is a measure of how much calcified plaque is present in the arteries of an individual. Today's research shows a direct correlation between the amount of calcium in the arteries and the likelihood of a future cardiac event such as a heart attack or stroke.

Why Do Doctors Believe It Is Important To Look for Coronary Calcium?

Coronary *calcification* (hardened calcium in artery walls) is always caused by *atherosclerosis* (fatty build-up in the arteries comprised partially of cholesterol and calcium that can rupture and lead to a heart attack or stroke). The calcium by itself does not cause an event, but calcium deposits signal that plaque is present in the walls of the artery.



An Overview of the Risks

Results were published recently of a recent study that looked at 5,585 patients (mean age 59 years; 30% of patients were women; none of them had a prior history of heart disease or signs or symptoms of cardiovascular disease).

In this study, persons with a calcium score of greater than 100 had a 10 times greater risk of experiencing a cardiovascular event, such as heart attack or stroke, than those whose calcium score was below 100.

How Can Cardiac Calcium Scoring Save My Life?

Although the screening test does not look for individual areas of blockage in the heart, it is an overall assessment of global risk for heart disease and is the only screening test that looks directly at the heart's arteries. The amount and density of the calcium plaque can predict the likelihood of a cardiac event, such as heart attack or need for coronary intervention, over the next one to two years. ***Recognizing heart disease early and preventing heart attacks is the key to saving lives.***

How Coronary Calcium Scoring Predicts Progression of Heart Disease

Calcium Score	Amount of Plaque Present	Risk of Current Heart Disease	Risk of Heart Attack	Plan
0	No Plaque	<5%	Very Low	Continue the healthy lifestyle habits you have in place.
1-10	Minimal Plaque	<10%	Risk for Heart Attack is Low	Risk is low, but consider quitting smoking, improving diet and/or exercising regularly.
11-100	Mild Plaque	Mild coronary disease	Risk for Heart Attack is Moderate	Daily ASA Talk with your doctor about quitting smoking, improving diet, getting regular exercise or any other treatment needed.
101-400	Moderate Plaque	Probably non-obstructive	Risk for Heart Attack Is Moderately High	ASA Risk modification as above. Physician may recommend additional testing such as stress test.
>400	Extensive Plaque	More than 90% chance plaque is blocking at least one of the coronary arteries.	Risk for Heart Attack is High	ASA Stress Test