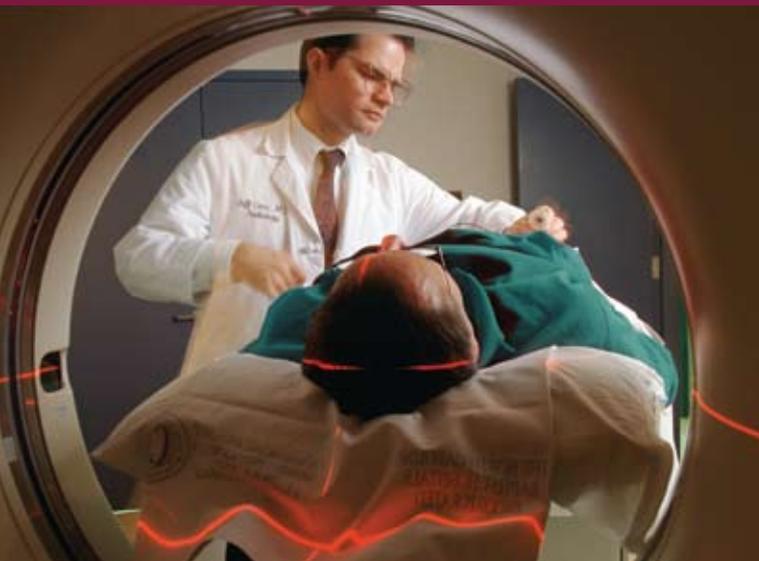


What is a **CALCIUM SCORE?**

A **CORONARY ARTERY CALCIUM SCORE** tells you if you have coronary artery disease and your risk of heart attack by using a special computerized tomography or CT scan of the blood vessels to your heart. If there are calcifications in the blood vessels, you have coronary artery disease, which is also called "hardening of the arteries." The disease starts decades before you have a heart attack. The higher your calcium score, the greater your risk of a heart attack.

A negative test indicates a very low, but not zero risk over the next five years. Heart attacks have several causes, some not related to atherosclerosis. If you have a positive test, the good news is we have proven ways to significantly lower your risk. Some people with coronary artery disease never have a heart attack. You and your health care team can design a plan to lower your chance of developing heart disease for your entire life!

The calcium score is appropriate for adults without heart disease or symptoms, such as chest pain. If you are having problems that might be related to your heart, you need to see one of our physicians to get the appropriate care.



YOUR APPOINTMENT IS SCHEDULED FOR:

Date: _____

Time: _____

Place: Radiology, 4th Floor, Comprehensive Cancer Center

If you cannot keep this appointment, please call (336) 716-8663. Kindly give 24 hours' notice.

DRIVING DIRECTIONS

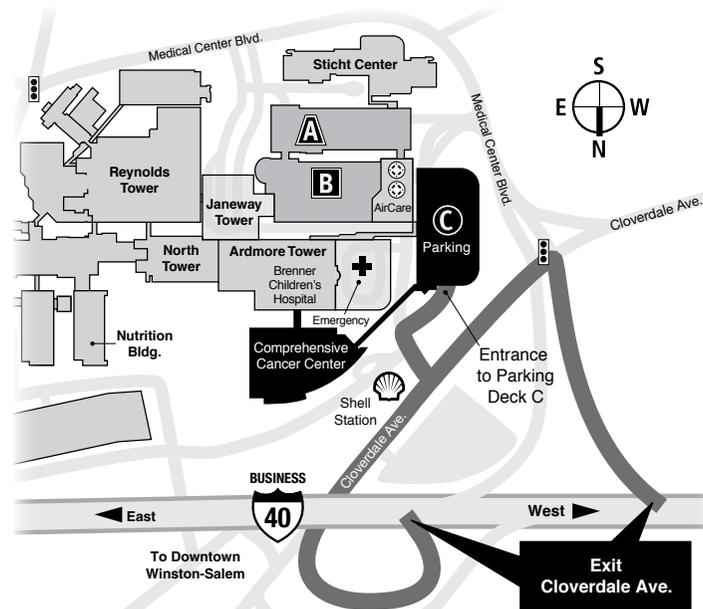
FROM THE WEST

From Business I-40 East, take the Cloverdale Ave. exit. At light, turn left onto Cloverdale Ave. Turn right at the Shell Station onto Grove Park Rd.

FROM THE EAST

From Business I-40 West, take the Cloverdale Ave. exit. Turn right onto Cloverdale Ave. Turn left at the Shell Station onto Grove Park Rd.

Enter **PARKING DECK C** on your right. The Purple Level will take you to the walkway to the Cancer Center. Check in at the Radiology Desk on the 4th floor.



Wake Forest University Baptist
MEDICAL CENTER[®]
Heart Center



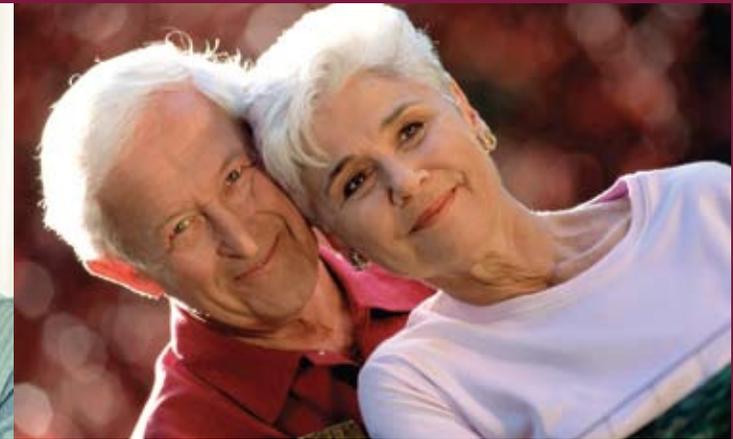
CORONARY ARTERY CALCIUM SCORING

estimates your risk for a **HEART ATTACK.**

HEART DISEASE RISK FACTORS INCLUDE:

- High cholesterol
- High blood pressure
- Smoking
- Diabetes or pre-diabetes
- Overweight or obesity
- Family history of heart disease
- Sedentary lifestyle
- Over 35 years of age

CORONARY ARTERY DISEASE is the #1 cause of death for women and men. Known as heart disease, it is caused by a narrowing or blockage of the blood vessels that supply the heart.



Why have a Calcium Score?

The calcium score tells you if you have coronary artery disease and your risk of having a heart attack or death from heart disease. It is a pain-free, non-invasive procedure that does not require injections, needles or contrast dye and takes 10 minutes to complete. With this information you and your doctor will be able to determine the best approach for lowering your risk of having a heart attack.

How to Prepare

You must have seen your doctor within the last year and have results of a blood lipid analysis. We can help arrange this, and your insurance may cover this expense. Before the CT scan you should not consume caffeine products (coffee, tea, energy drinks...) or other "stimulants" for 12 hours.

What will happen during the test?

A history questionnaire will be given to you to complete before the study. You will change into a hospital gown, and we will place sticky electrode patches on your chest to obtain your heart rhythm during the test. You will lie on a special table and move inside a donut-shaped CT

scanner and be asked to hold your breath for about 10 seconds. You may continue normal activities when you are finished.

Test Results

A physician will provide a report that will be mailed to you and your doctor within two weeks. A negative test indicates that the risk of developing coronary artery disease over the next two to five years is very low. A positive test means the coronary artery disease is present, regardless of symptoms. The amount of calcification provides a good estimate of your heart attack risk. A copy of your test results will be mailed to you and your physician. You will be notified if you should follow up with your physician for lifestyle changes or if you need additional testing, which can be done at Wake Forest University Baptist Medical Center.

How do I schedule my Calcium Score?

To schedule your screening, please call (336) 716-8663. Our office hours are Monday through Friday, 8 a.m. to 3:30 p.m.

Will my insurance pay for this screening test?

Unfortunately, most insurance companies do not pay for this test; however, in most cases you may be able to use money from your health care spending account.

How much does this screening test cost?

The charge for this test is \$250 and payment is required at the time of the service. Please talk with our scheduling personnel about payment options.

Do you have **CORONARY ARTERY DISEASE?** Knowing the answer could change your life.



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Heart Center

KNOWLEDGE MAKES ALL THE DIFFERENCE.