

## Things to know before you schedule an appointment

A physician referral for this test is necessary. We encourage all of our patients to work with their physician in incorporating the results of their test into their own preventive health care plan. A Radiologist will provide an evaluation of the results to your physician within 48 hours. You may obtain your results by calling your physician.

The cost of the procedure is \$300.00. At this time, most major health care plans consider this a non-covered service.

*Payment is due at the time of your scan.*

We accept cash, personal checks, and most major credit cards. To make an appointment please call 607-737-4498.

### ArnotHealth

Radiology Department  
600 Roe Avenue  
Elmira, NY 14905  
607-737-4498

[www.arnothealth.org](http://www.arnothealth.org)

## CT Cardiac Scoring



*Results in a heartbeat*

## Facts About Heart Disease

- Coronary heart disease is the number one killer of men and women in the United States.
- More Americans die of heart disease, than all types of cancer combined.

## What Are the Risk Factors for Heart Disease

- Age (Men 45 or older, women 55 or older)
- Family history of heart disease
- High cholesterol
- History of smoking
- High blood pressure
- High stress levels
- Sedentary lifestyle
- Diabetes

## What Causes Heart Disease

The primary cause of heart disease is the build-up of plaque in the arteries of the heart. This build-up can cause the arteries to narrow. Plaque can also break away from the artery walls and cause a blockage. In both instances the heart muscle does not receive enough blood flow and oxygen—thus a heart attack can occur.

## What is Cardiac Scoring?

Cardiac scoring is a pain-free, non-invasive and inexpensive procedure requiring less than 10 minutes. Using CT imaging, the equipment takes 70 to 90 images of your coronary arteries without any injections or needles. The amount of calcium or plaque detected in your arteries is used to establish your cardiac score.

## What Does the Procedure Involve?

First, you complete a brief risk factor questionnaire. Next, you lie down on the imaging table while a CT technologist places a few EKG leads on you. You are then asked to hold your breath while the images are being taken. That's it! You can return to your regular routine.

A Radiologist, using high tech software, calculates your cardiac score based upon the images taken. They provide an evaluation of the results within 48 hours to your physician.

## What Can My Cardiac Score Tell Me and My Doctor?

Subtle early warning signs of heart disease may be detected. Cardiac scoring is the latest diagnostic tool to detect plaque in the coronary arteries. With this information, your doctor can recommend the appropriate treatment, including diet and lifestyle changes, medication and or further testing.