

## **What is a Coronary Calcium Scoring Scan?**

It is one of the newer more accurate assessment tools to evaluate whether you may be at increased risk for a heart attack or stroke. Using our high-tech Low Dose CT scanner, we can obtain information about the presence, location and extent of calcified plaque in the coronary arteries. A graded score is determined and CAD risk assessed.

### **Major risk factors for CAD:**

- High cholesterol
- Family history of heart attacks
- Diabetes
- High blood pressure
- Cigarette smoking
- Overweight
- Physical inactivity

## **How Should I prepare?**

### **4 hours prior to the exam:**

- NO Caffeine
- NO Smoking
- NO ED medications
- NO Food (but patients are encouraged to drink plenty of water)

The exam takes less than 20 minutes.