The Coronary Calcium Score Screening

What does your Coronary Calcium Score show?
The ThedaCare Cardiovascular Care team uses a 64-sliced CT scanner to determine your coronary calcium score. The scanner identifies the buildup of cholesterol in your heart’s arteries that could lead to heart disease or heart attack. When coronary artery plaque calcifies—or hardens—it reduces the artery’s size and the amount of blood that flows to the heart. The CT scan sees the calcified plaque in your heart’s arteries to assess your risk for a heart attack.

What does your score mean?
Your calcium number corresponds to the level of plaque in your arteries:

<table>
<thead>
<tr>
<th>SCORE</th>
<th>PLAQUE</th>
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<tbody>
<tr>
<td>0</td>
<td>No evidence of plaque</td>
</tr>
<tr>
<td>1-100</td>
<td>Mild amount of plaque</td>
</tr>
<tr>
<td>101-400</td>
<td>Moderate amount plaque</td>
</tr>
<tr>
<td>Over 400</td>
<td>Extensive amount plaque</td>
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If your calcium score is higher, it means you have a higher risk of heart attack.

If your score is zero, it suggests that you have no calcification within the coronary arteries, and the chance of you having a heart attack over the next five years is very low. All other scores mean that there is some coronary artery disease present. The higher scores mean you are more likely to suffer a heart attack (or death) in coming years.

Should you get the exam?
If you’re a male 35 or older, or a female 40 or older, and have one of the following risk factors, it’s a good idea for you to have this test:
• Family history of heart disease
• Smoker
• High LDL cholesterol
• Low HDL cholesterol
• High blood pressure
• Overweight
• Sedentary or high risk lifestyle

What do you need to do during the test?
You don't need any special preparation for this test. You will be asked to remove all metal objects from your chest area. Simply lie still on the scanner table as it advances through the donut-shaped scanner. The scanner will pass over you three times; each time you’ll be asked to hold your breath for 10 seconds or less. It’s fast and painless.

Consider an optional $35 over-read
If you’d like a radiologist to review the anatomy around the heart (breast tissue, lungs, etc.) to screen for non-cardiac abnormalities, the cost will be $35.

This could be the best $50 you’ll ever spend. Schedule your Coronary Calcium Score Screening today and discover your heart attack risk.