

# MIDWEST CARDIOLOGY ASSOCIATES, P.C.

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## Coronary Calcium Scoring

### What is Coronary Calcium Scoring?

Coronary Calcium Scoring is a screening test that helps predict your risk of developing coronary artery disease. It is pain free, noninvasive and inexpensive procedure, the goal of which is to detect coronary artery disease at an early stage before symptoms appear.

Coronary artery disease occurs as plaques clog or narrow your arteries. The plaques are made of fat, cholesterol and calcium. It's the calcium in those plaques that the test detects.

The Coronary Calcium Scoring test is performed with a computer and a CT machine, which generates X-rays while it rotates around your body. Calcium deposits show up as a bright white spots on the scan.

### Who should have the test?

Your doctor may recommend a calcium scoring test if he or she believes that you have an intermediate risk of developing coronary artery disease. The test is most often ordered for men aged 45 or older and for women aged 55 and older who have some of the following risk factors:

- High cholesterol
- Family history of heart disease
- Diabetes
- High blood pressure
- Cigarette smoking
- Being overweight or obese
- Being physically inactive

### Why should I have the test?

Your calcium score, based on age, gender and other risk factors, is a strong indicator of your risk for coronary artery disease. If your coronary calcium score is high, that likely means more aggressive treatment of your risk factors is needed. The calcium score is a tool that helps your primary care physician guide your treatment, which may include diet and lifestyle changes, medications, and/or further testing.

### Scheduling

After discussing with your primary physician, you may call Midwest Cardiology Associates 913-253-3000, 913-894-9015 or 816-478-9071 of three offices to schedule your appointment.

### **Test Preparation**

You will be asked to remove metal objects, such as necklaces or underwire bras, prior to the test.

### **Procedure**

We perform this test at either Overland Park Regional Medical Center or at Centerpoint Medical Center in Independence, MO. A specially trained CT Technologist will ask a few questions about your medical history. You will be asked to remove or unbutton your shirt. A gown will be provided as needed. You will be asked to lie on an imaging table and a few EKG electrodes will be placed on your chest.

The imaging table will partially move in to a Computed Tomography (CT) machine. You will be asked to hold your breath for a few seconds while images are taken. You may hear some buzzing or clicking noises. The test is painless and involves no injections or needles.

The test itself takes about 5-10 minutes, with the actual X-ray taking only a few seconds. Please plan on spending about 30 minutes, which will include time for registration and receiving results.

The radiation exposure is low; however, women who are pregnant should not have the test.

### **How do I receive results?**

Results will be sent to your primary care physician and Dr. Bloom will discuss the results with you. We ask that you discuss your results and any recommended treatment with your primary care physician.

### **Cost**

The cost is \$155.00. Medicare and most insurance companies in the area do not cover the cost of screening tests.