



## HAVE YOU HEARD OF A CALCIUM SCORE CT SCAN?

**What you learn about it here could save your life.**

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NUCLEAR MEDICINE

FEBRUARY 2021

This month is all about hearts. So of course, we're thinking about yours. We want to help you keep it as healthy as possible. We'll start with the story of Jim F.

Jim was not overweight. Jim was fit and was a non-smoker. Jim died of a heart attack at age 53.

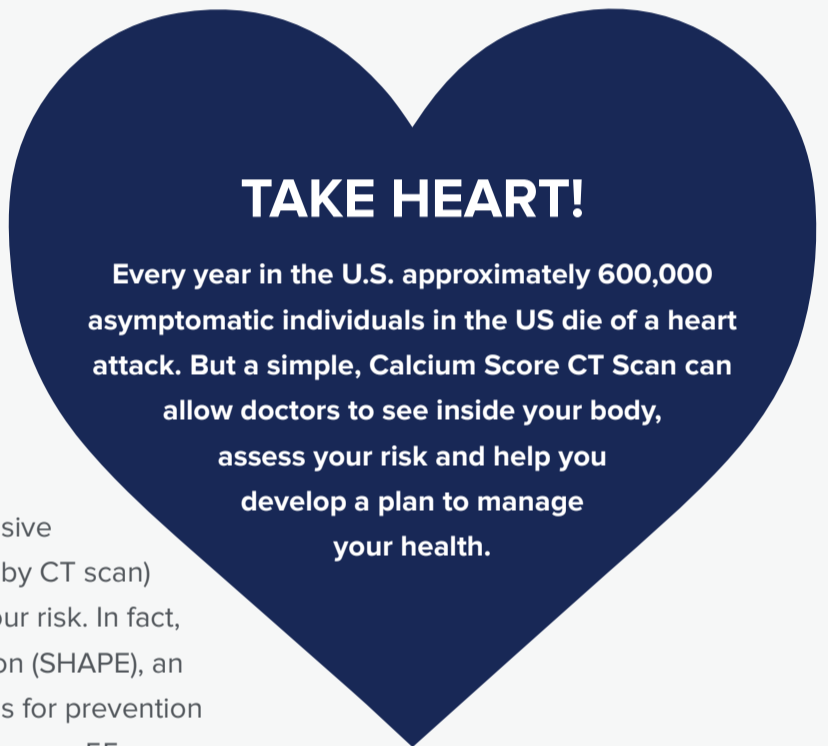
Unfortunately, Jim is not alone. Each year, close to 1.4 million people in the U.S. have a heart attack. About a third of them die. Between 50 and 70% of them are completely unaware of their risk.

Well known risk factors include obesity, high cholesterol, high blood pressure and family history. While awareness and management of these is critical to prevention, the absence of these does not mean you are not at risk.

The major cause of heart attacks—as well as some strokes, aneurysms and peripheral artery disease—is **atherosclerosis**. This is the buildup of fats, cholesterol and other substances (collectively known as 'plaque') in your artery walls. Plaque in your arteries causes them to become thin and fragile, which can restrict blood flow or cause clots. Unfortunately, many individuals who have atherosclerotic plaque do not know it because they are completely symptom free.

So how do you know if you are at risk? New, non-invasive tests such as **Coronary Calcium Scoring** (performed by CT scan) allow doctors to look inside your arteries to assess your risk. In fact, the Society for Heart Attack Prevention and Eradication (SHAPE), an organization dedicated to championing new strategies for prevention recommends that virtually all men over 45 and women over 55 undergo screening, unless they have been classified as 'very low risk.' Very low risk individuals meet ALL of the following criteria: cholesterol < 200, blood pressure < 120/80, non-smoker, no family history of diabetes or heart attack. (*Learn more at [shapesociety.org](http://shapesociety.org)*)

**Your employer offers you the incredible benefit of high-quality, lower cost medical imaging by partnering with Green Imaging.** Green Imaging offers Calcium CT Scoring as a key component of service, at a very reasonable, fair market price. Ask your doctor if this test may be helpful for you. Then ask your employer this exam is covered by your Green Imaging plan. Even if it isn't, it may be a very worthwhile investment in your future.



## BOOKING YOUR APPOINTMENT COULDN'T BE EASIER

Text our Patient Concierge, and include a picture of your physician order, your zip code and your best availability. We'll take it from there and schedule your appointment quickly and efficiently.



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