

ARE YOU SAFE?  
1 IN 5 WERE NOT

AWARDED SILVER IN  
BEST OF COLUMBIA!

# CARDIAC CALCIUM SCORE

**Heart disease is the leading cause of death in the US**, responsible for 1 in 5 deaths. The most common type, Coronary Artery Disease (CAD), occurs when plaque buildup reduces blood flow to the heart, often leading to heart attacks. Shockingly, **170,000** of the 805,000 Americans who suffer heart attacks each year have **no clear prior symptoms**, and **1 in 4 may not survive their first attack**.

CAD can shorten your life by 10 yrs, while a heart attack can rob you of up to 16 yrs or more of your life. **While CAD can't be cured, early detection, medication, and lifestyle changes can make a difference.** A Cardiac Calcium Score helps identify those at risk before symptoms appear or a heart attack strikes.

## SCORE BREAKDOWN

- **No plaque:** Follow healthy lifestyle choices
- 1-10 **Minimal plaque:** Follow general cardiovascular health recommendations
- 11-100 **Mild plaque:** Risk factor modification recommended, including medications
- 101-400 **Moderate plaque:** Additional testing may be necessary
- 400+ **Significant plaque:** Aggressive treatment and further testing recommended

Contact your doctor for any score above 0.

Advanced Radiology earned **Silver** for **Best Specialty Health Care in Inside Columbia Magazine's** 2022 "Best of Columbia" awards, highlighting Advanced Radiology's commitment to exceptional patient care, quality imaging services, and detailed, same-day results. Advanced Radiology's personalized care and specialized expertise in MRI, CT, Ultrasound, and X-ray have made a significant impact in the Columbia healthcare community.

CALL TO SCHEDULE OR  
VISIT US AT ONE OF OUR  
THREE LOCATIONS!

### COLUMBIA

311 N Keene St. | (573) 442-1788

### JEFFERSON CITY

3218 W Edgewood, Ste. 200 | (573) 635-6262

### OSAGE BEACH

1037 Palisades Blvd., Ste. 7 & 8 | (573) 746-7010

[ARADIOLOGY.COM/SCREENINGS.PHP](https://www.aradiology.com/screenings.php)

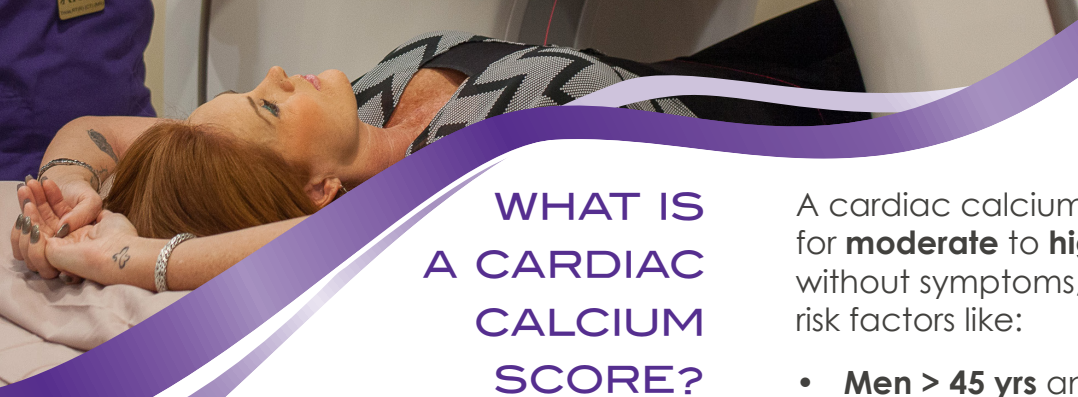
HEART HEALTH STARTS  
WITH KNOWLEDGE

UNLOCK YOUR  
CALCIUM SCORE TODAY

CALCIUM  
BUILD-UP



**AR** ADVANCED  
RADIOLOGY



## WHAT IS A CARDIAC CALCIUM SCORE?

This fast CT Screening **detects calcium buildup in the coronary arteries**, providing a quick and non-invasive way to assess your risk for heart disease. By identifying hardened arteries early, it **allows for timely intervention with medications and lifestyle changes, helping prevent heart attacks.** This screening is especially **valuable for individuals with significant risk factors** like smoking, high cholesterol, obesity, or a family history of heart disease. It's often recommended before more invasive tests like stress tests or angiograms. In otherwise healthy individuals, the Cardiac Calcium Score is **one of the most effective tools for predicting heart attack risk.**

## HOW OFTEN SHOULD I GET SCREENED?

If your score is:

- Every 5-10 years unless otherwise advised
- 101-400 Every 3 years
- 400+ Consult your healthcare provider for the appropriate interval

## RISK FACTORS

A cardiac calcium score is most helpful for **moderate** to **high-risk** individuals without symptoms, especially those with risk factors like:

- **Men > 45 yrs** and **Women > 55 yrs**
- A **family history** of heart disease in close relatives
- **High Blood Pressure / Cholesterol**
- Current or past **smokers**
- **Diabetes (Type 1 or 2)**
- **Obesity** or lack of physical activity

People with **one or more** of these factors, even without current symptoms, may benefit from a calcium score to assess future heart disease risk and preventive measures.

## WHAT TO EXPECT

- **No fasting, needles, or dyes are required;** however, please avoid caffeine, tobacco, sugar, and exercise for 4 hours before your exam
- Wear comfortable clothing
- It takes just **15 minutes** and a **23-second breath-hold** while you lay down to capture ~92 images
- Receive results within **3 - 4 business days**

## WHEN TO AVOID THIS SCREENING?

A Cardiac Calcium Score is **not** advised if you have any of the below due to potential artifacts:

- **Coronary artery bypass graft**
- **Cardiac stents** placed
- **Implanted cardiac pacemaker or defibrillator**
- **Heart valve replacement surgery**
- **Currently pregnant**

Please contact us to discuss whether this exam would be right for you.

## INCIDENTAL FINDINGS SAVE LIVES!

While this screening focuses on heart health, our radiologists go the extra mile, **reviewing the entire scan.** This has led to the detection of incidental health issues like **lung and breast cancer**, saving lives—including two of our own employees. **To hear their stories, visit us on Facebook!**

