

Your Life Can Change

In A Heartbeat

Why is early detection of heart disease important?

Each year, heart attacks kill more than half a million people, and approximately half of these deaths occur suddenly, without prior symptoms. However, if the risk factors leading to a heart attack are identified early enough, 85 percent of sudden heart attacks may be prevented.

Consider this:

Coronary heart disease is the leading cause of death among American adults.

Seemingly healthy individuals often exhibit no symptoms and feel healthy. They may identify few, if any, risk factors, have average cholesterol levels, and show normal results on a stress or exercise treadmill test. For these individuals, the first and only sign of clogged arteries is a heart attack.

Heart Score can help determine your risk for developing heart disease and enable you to modify your lifestyle or undergo further testing

To schedule your
Heart Score, call us at:

970-350-6070

For more information visit us at:

www.bannerhealth.com/ncmcwellness

Frequently Asked Questions

Who should receive the scan?

The screening is recommended for men ages 35 and over and women ages 40 and over with or without risk factors for heart disease (smoking, overweight, high cholesterol, etc.)

Who shouldn't receive the scan?

Patients with a definite history of heart disease unless referred by a doctor for specific reasons; young adults unless there is a family history of very early heart disease or the patient has a disorder like diabetes or family cholesterol problems; most senior citizens unless ordered by a physician.

What can be done if the test determines I am at risk for a heart attack?

The scan gives your doctor valuable information, enabling your physician to assess the next steps for treatment. If you are at low risk, your physician may discuss lifestyle modifications, such as exercise, diet, alcohol use, and smoking habits that can help reverse heart disease and keep you healthy. If you are at high risk, your physician may recommend you undergo additional testing to determine the extent of your heart disease and what further steps need to be taken to help improve your heart health.

Do I need a physician referral?

A physician referral is **not** necessary to receive a scan. However, your physician will need to review our findings and provide a referral if the results indicate that additional testing is necessary.

Is the screening covered by insurance?

Currently, this test is **not** covered by insurance plans. **The test must be paid for at the time of registration.**

How accurate is the scan?

This test measures calcified plaque in the coronary arteries. This, combined with the Wellness Consult will give us a comprehensive picture of an individual's overall risk for heart disease.

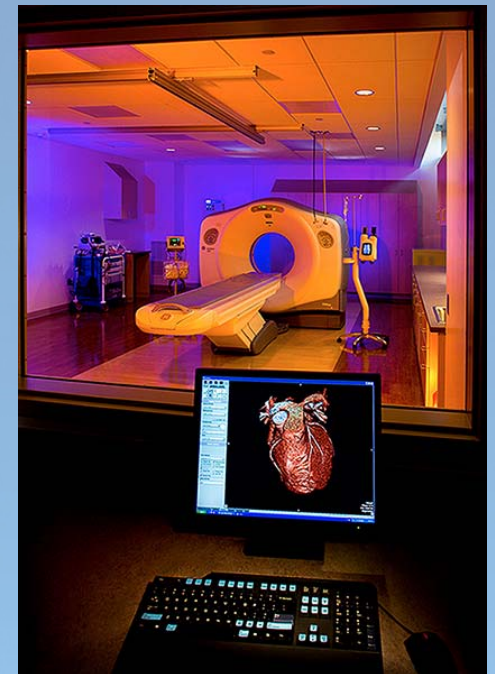


Banner Health

CardioVascular Institute
of North Colorado®

CT HEART SCORE

A Calcium Score Screening



Risk Factors

Heart Score can detect the presence of coronary artery disease. People with three or more of the following factors are at increased risk of heart disease.

- High Blood Pressure
- Diabetes
- High Cholesterol
- Family history of heart disease
- Smoker
- Sedentary lifestyle
- Overweight by 20 percent or more
- High stress lifestyle
- Men over 45 years of age
- Women over 55 years of age

Coronary Artery Disease

Coronary artery disease, also known as atherosclerosis, occurs when the arteries carrying blood and oxygen to the heart become clogged with plaque. The plaque build-up slows blood flow to the heart muscle and increases the chance of fatal and non-fatal heart failure.

Cardiac Scoring

Heart Score provides computed tomography (CT) cardiac scoring, a noninvasive test that accurately measures the amount of calcified plaque in the arteries.



The procedure begins with a fast, painless CT exam. CT, more commonly known as CAT scanning, uses x-rays and multiple detectors to create interior images of the heart. And, because it works more than seven times faster than a conventional CT scan, the motion of the heart and blood does not blur the pictures it creates. By analyzing images of the coronary arteries, a cardiologist can determine how much calcified plaque the arteries contain.

What To Expect



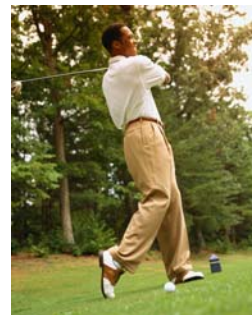
During your exam, you lie in your clothing on a table with a donut-shaped scanner around your chest. The scanner takes a picture of your heart while you hold your breath for

approximately 20 seconds. The information acquired during your CT exam is then interpreted by a cardiologist and the amount of calcium in your coronary arteries is quantified. A report is sent to the physician designated at the time of scheduling.

The Complete Picture

It is important for you to have a clear understanding of your cardiac health. One of the goals of this program is to increase your awareness of heart disease and what factors may increase your risk for heart-related problems.

A 10 minute wellness consultation with a Wellness Specialist is included. The consultation will focus on cardiac risk factor education, identification of non-modifiable and modifiable risks, and lifestyle behavior change options.



After your heart score is finished, we will share the results with you. If your coronary calcium score is high, you will be able to meet with a CardioVascular Institute provider to discuss what your next steps should be.



CT Heart Score.....\$199

Includes CT Calcium Score and Wellness consultation.

Meet with a CVI provider at the time of your screening if your calcium score is above 0.

Results will be given to you at your appointment and your physician– if you designated one– will receive a copy of the results.

Please follow up with your physician to discuss the results.

To schedule your Heart Score call: 970-350-6070

**For more information please visit us at:
www.bannerhealth.com/nmcwllness**

Thank you for choosing North Colorado Medical Center for your screening!