

Cardiac CT Scan for Coronary Artery Calcium Scoring: Patient Information and Appointment Sheet

University Hospitals Harrington Heart & Vascular Institute offers an X-ray test called cardiac CT imaging for coronary artery calcium scoring. This test has been shown by many studies in medical literature to predict future risk of heart attack. Done without an intravenous line or the use of any X-ray contrast material, the scan is a simple X-ray procedure which takes five to 10 minutes to complete. It measures the amount of calcium that has accumulated in the walls of the coronary arteries and provides your physician what is termed a "coronary artery calcium score." A score of zero means that no calcium is seen. This finding is associated with a very low risk (less than 1 percent) of a heart attack over the next 10 years.

As the amount of calcium detected increases, the risk of heart attack also increases.

Calcium score	10-year risk CV event	Risk interpretation
0	<1%	Very low
1 – 99	4%	Low
100 – 399	13%	Moderate
400 or greater	24%	High

When a calcium score is 1 – 99 or 100 – 399, this means that some hardening of the arteries is present, and will indicate how intensively prevention strategies should be used to control your modifiable heart disease risk factors. When a calcium score is found to be 400 or greater, this is a warning that extensive hardening of the arteries is present and aggressive prevention strategies should be used.

We recommend this test for men age 45 or older and women age 55 or older who do not have a history of coronary artery disease. In addition, you should have one or more risk factors for heart disease, which include high blood cholesterol, low HDL cholesterol ("good" cholesterol), high blood pressure, cigarette smoking, type 2 diabetes, a family history of heart disease, or are age 40 or older and diagnosed with a chronic inflammatory condition (i.e., inflammatory bowel disease, lupus, rheumatoid arthritis, ankylosing spondylitis, psoriasis). Testing at a younger age may be indicated in certain situations. Please consult your physician for further recommendations.

In the past, despite the availability, very few patients had the test done as it is generally not covered by insurance and was quite costly. However, UH Harrington Heart & Vascular Institute is pleased to now offer this test at no cost. You or your doctor simply needs to call Radiology Patient Access at 216-844-1700 to arrange for the test. A physician order is required to schedule.

With a reputation for successfully treating heart attacks, we welcome the opportunity to work with you and your doctor now to prevent a heart attack from happening.

Our Preventive Cardiology Program is actively involved in research to reduce the risk of heart attack. A representative from our program may contact you to discuss opportunities to participate in our clinical or research programs. Your participation will be completely voluntary.

Testing locations:

To schedule, call **216-844-1700** (Radiology Patient Access). A physician order is required.

- UH Cleveland Medical Center, 11100 Euclid Avenue, Humphrey Building, Radiology B402, Cleveland, Ohio 44106
- UH Ahuja Medical Center, 3999 Richmond Road, Patient Registration 1st floor, Beachwood, Ohio 44122
- UH Bedford Medical Center, a campus of UH Regional Hospitals, 44 Blaine Avenue, Radiology Department, Bedford, Ohio 44146
- UH Conneaut Medical Center, 158 West Main Road, Conneaut, Ohio 44030
- UH Geauga Medical Center, 13207 Ravenna Road, Radiology Department, Chardon, Ohio 44024
- UH Geneva Medical Center, 870 West Main Street, Geneva, Ohio 44041
- UH Parma Medical Center, 7007 Powers Boulevard, Radiology Department, Parma, Ohio 44129
- UH Portage Medical Center, 6847 North Chestnut Street, Radiology, Ravenna, Ohio 44266
- UH St. John Medical Center, 29000 Center Ridge Road, Radiology Department, Westlake, Ohio 44145
- UH Amherst Health Center, 254 Cleveland Avenue, Radiology, Amherst, Ohio 44001 (coming soon)
- UH Avon Health Center, 1997 Healthway Drive, Radiology Department, Avon, Ohio 44011
- UH Chagrin Highlands Health Center, 3909 Orange Place, Radiology Department, Orange Village, Ohio 44122
- UH Concord Health Center, 7500 Auburn Road, Radiology Suite 1350, Concord Township, Ohio 44077
- UH Fairlawn Health Center, 3800 Embassy Parkway, Fairlawn, Ohio 44333
- UH Medina Health Center, 4001 Carrick Drive, Radiology Department, Medina, Ohio 44256
- UH Mentor Health Center, 9000 Mentor Avenue, Suite 110, Mentor, Ohio 44060
- UH Twinsburg Health Center, 8819 Commons Boulevard, Radiology Suite 103, Twinsburg, Ohio 44087
- UH Westlake Health Center, 960 Clague Road, Radiology Suite 1300, Westlake, Ohio 44145

Day of the test:

- Avoid caffeine and tobacco products the morning of the test.
- The test will take approximately 20 – 30 minutes total; actual CT scan is about five to 10 minutes.
- Wear comfortable clothing.

Payment:

- This test is offered at **no cost**.

Follow-up:

- A copy of the report will be sent to your primary care or referring doctor.
- Please call **216-844-3800** if you would like to schedule an appointment with one of our cardiovascular specialists.