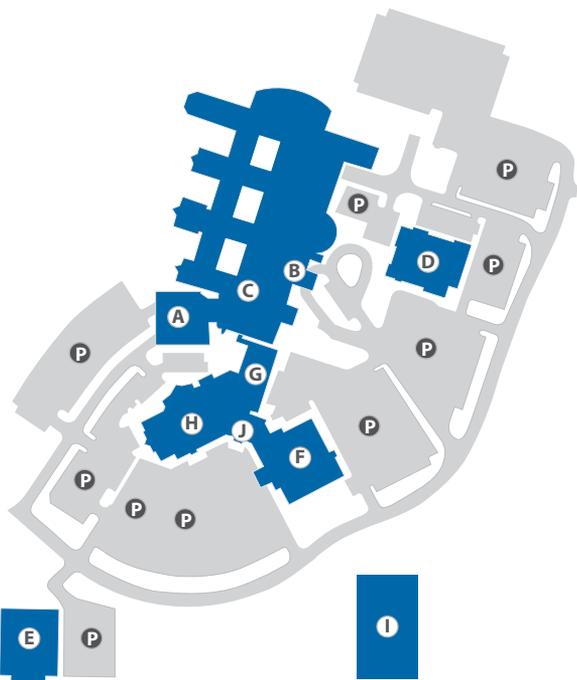


Family friendly. First class.

Coronary Calcium Scoring

Determining your risk of heart attack



- A** Main Entrance
- B** Emergency Entrance
- C** Hospital
- D** Newton Surgery Center
- E** 1715 Medical Parkway
- F** 720 Medical Center Drive
- G** 730 Medical Center Drive
- H** 700 Medical Center Drive
- I** 715 Medical Center Drive
- J** Suite 101
- P** Parking



Newton Medical Center

600 Medical Center Drive, Newton, KS 67114
PO Box 308, Newton, KS 67114
Phone (316) 283-2700

WWW.NEWTONMED.COM



Newton Medical Center

Family friendly. First class.

Coronary calcium scoring is a procedure involving the use of our 160-slice CT scanner in order to determine the level of calcium in the coronary arteries of your heart. This simple, non-invasive and painless procedure can detect the presence of coronary artery disease (CAD) long before it becomes symptomatic.

By catching CAD early through coronary calcium scoring, preventative measures can be taken to reduce the risk of a heart attack or sudden cardiac death.

Who should consider calcium scoring?

Calcium scoring can be a lifesaver, and should be considered by those who are at risk for CAD, including:

- Males age 45 and older
- Females age 55 and older
- Younger individuals with two or more risk factors for heart disease

What are the risk factors for heart disease?

- **Age.** Aging increases your risk of damaged and narrowed arteries and weakened or thickened heart muscle.
- **Sex.** Men are generally at greater risk of heart disease. However, women's risk increases after menopause.
- **Family History.** A family history of heart disease increases your risk of CAD, especially if a parent developed it at an early age (before age 55 for a male relative and 65 for a female relative).
- **Smoking.** Nicotine constricts your blood vessels, and carbon monoxide can damage their inner lining, making them more susceptible to atherosclerosis, or the narrowing of arteries due

to plaque buildup on the artery walls. Heart attacks are more common in smokers than in nonsmokers.

- **Poor diet.** A diet that is high in fat, salt, sugar and cholesterol can contribute to the development of heart disease.
- **High blood pressure.** Uncontrolled high blood pressure can result in hardening and thickening of your arteries, which narrows the vessels through which blood flows.
- **High cholesterol.** High levels of cholesterol in your blood can increase the risk of formation of atherosclerosis and plaques.
- **Diabetes.** Diabetes increases your risk of heart disease. Both conditions share similar risk factors, such as obesity and high blood pressure.
- **Obesity.** Excess weight typically worsens other risk factors.
- **Physical inactivity.** Lack of exercise also is associated with many forms of heart disease as well as some of its other risk factors.
- **Stress.** Unrelieved stress may damage your arteries and worsen other risk factors for heart disease.

How do I obtain a calcium scoring test?

Newton Medical Center offers coronary calcium scoring tests for only \$94. Since a physician order is required, talk to your primary care provider to find out if calcium scoring is right for you. To schedule your test, first purchase a voucher online at www.mdsave.com, then call our Imaging department at 316-804-6170.