

# Coronary Calcium Scoring

## CT Cardiac Calcium Scan

A CT cardiac calcium scan (coronary calcium scoring) is a special computerized tomography (CT) scan of your heart that helps detect and measure calcium-containing cholesterol plaques in your coronary arteries.

Cholesterol plaques in your arteries can grow and restrict blood flow to your heart. This screening adds up the amount of calcium deposited in all of your coronary arteries and a score is given. Coronary calcium scores are also given as percentile scores letting you know how much calcium you have in comparison to other men or women your age.

Your provider can use your screening results to help decide whether you need medication or lifestyle changes to reduce your risk of a heart attack or other heart problems.

**Please allow at least 45 minutes to complete the exam.**

## Schedule yours:

### St. Croix Health-Imaging

235 E State St.  
St. Croix Falls, WI 54024

**715-483-0270**

### Cost: \$150

*Self-pay program; insurance is not billed.  
Payment is due before the appointment date. Your FSA or HSA funds can be used for payment.*



## Should You Have a CT Cardiac Calcium Scan?

If you are age 40 or older and have one or more of the common risk factors for heart disease, you could have or develop coronary artery disease. Scheduling a CT cardiac calcium scan provides an internal view of your heart's health.

### Risk factors for heart disease include:

- High blood pressure
- High cholesterol
- Diabetes
- Smoking
- Family history

*Repeat CT cardiac calcium scans should be scheduled at least three (3) years apart.*

### You should not have a CT Cardiac Calcium Scan if you:

- Have a history of stents
- Myocardial infarction
- Prior heart surgery

### What Does a Coronary Artery Calcium Score Mean?

In general, the lower the score, the lower your chances of developing a heart attack. The higher the score, the greater the chances.

#### The coronary artery calcium scoring does **NOT**:

- Predict with certainty whether or not you will have a heart attack.
- Provide a detailed map of where your coronary artery narrows.
- Serve as a substitute for a coronary angiogram or stress test.
- Predict which artery is likely to rupture and cause a heart attack.

### Preparing for the Test

- No special preparation is needed for this test.
- You will need to remove jewelry around your neck or near your chest.
- You may be asked to undress from the waist up and wear a hospital gown.

### After the Test

Your results will be ready within one (1) week after completion. Patients who utilize MyChart will have access to the results through their account. If you do not utilize MyChart, please contact St. Croix Health's Information Services for a copy of your results. If your calcium score is greater than zero, please follow up with your healthcare provider.

*NOTE: Your provider will not have access to the results of this test. You will need to provide them with a copy.*