

\$149 • Heart Scan
It's quick, easy, painless and
a physician referral is not required.

What is included in your Heart Scan:

- Immediate results including a consultation with a cardiac nurse
- Five-page report with breakdown of specified coronary artery scores
- Review and recommendations by a Cardiologist, if score is elevated

Other important information about a Heart Scan:

- If experiencing symptoms, such as chest pain or heaviness, you should consult a physician.
- A high heart rate may interfere with the test. If your heart rate is more than 90 beats per minute, your test may need to be rescheduled.
- A Heart Scan brings opportunity to detect other conditions such as lung nodules. Should your CT scan detect a lung nodule, this information will be shared with you and included in the report to your primary care physician.
- If you are under the age of 50, CAD can still be present without calcium even if your calcium score is low.
- Please check with your insurance carrier as a Heart Scan may be covered under your plan. The procedure code for a calcium score or heart scan is #75571. Your out-of-pocket cost of \$149 could be less than the insurance carrier's co-pay, so if it is covered by insurance, be sure they have the correct code.
- The CT Scanner has a weight limit of 500 lbs. Please check with the staff when scheduling your appointment if you have any questions about this limitation.

Colorado Springs' only Heart Scan
read by a Radiologist and Cardiologist

To schedule an appointment, call



719-776-8010.

Choose your preferred location:

Penrose Hospital

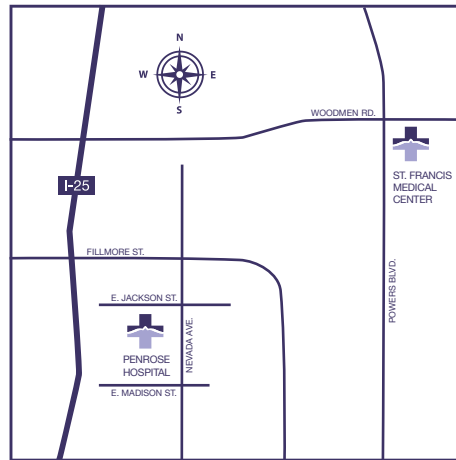
2222 N. Nevada Ave.
Colorado Springs, CO 80907

or

St. Francis Medical Center

6001 E. Woodmen Rd.
Colorado Springs, CO 80923

For additional questions, please call **719-776-8080**.



penrocestfrancis.org/heart

We are part of the Centura Heart and Vascular Network,
the region's leading provider of cardiovascular care.

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Don't wait
until you
have a heart
attack.
Know your
score.

\$149 • Heart Scan

Penrose-St. Francis
Imaging Services
Centura Health.

Penrose-St. Francis
Heart & Vascular Center
Centura Health.

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Why should I know my score?

Cardiovascular disease is the number one cause of death world-wide with more people dying each year from heart attacks and strokes than any other cause.* Cardiac and vascular diseases strike anyone; men and women of all ages, races and economic classes. A Heart Scan helps identify plaque levels in your heart arteries so that, if your score is elevated, you can make appropriate lifestyle and medication changes. These changes may reduce your chance of suffering a heart attack or stroke, possibly averting a life-threatening event.

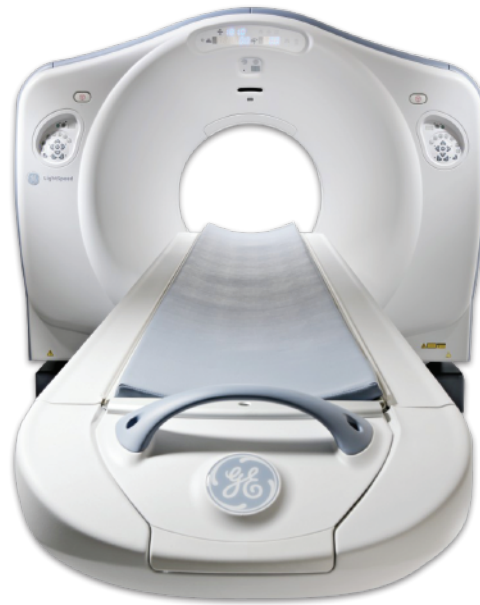
What is a Calcium Score/Heart Scan?

A Heart Scan detects calcified plaque in your heart (coronary) arteries by measuring the density of the calcium particles in the plaque along the coronary artery walls. A high level of plaque can potentially block the coronary arteries which carry oxygen rich blood to the heart. Knowing your score can help your doctor determine the most appropriate treatment for slowing the progression of coronary artery plaque also known as Coronary Artery Disease (CAD).

Who benefits from a Heart Scan?

Individuals with one or more of the following risk factors could benefit from a heart scan:

- High cholesterol or triglyceride levels
- Personal history of diabetes
- Personal history of high blood pressure
- Men over 45 and women over 50 years of age
- Past or present smoker
- Elevated weight
- Limited or no exercise routine (150 mins of intentional exercise per week)
- Family history of early heart attack (parents or siblings)



How do you prepare for a Heart Scan?

- No caffeine or smoking 12 hours prior to your Heart Scan
- Do not take Cialis or Viagra 12 hours prior to your Heart Scan, but you are free to take other prescribed medications
- You do not have to fast for a Heart Scan, so you can eat your regular meals
- Wear comfortable clothing
- You will be asked to remove any metal (undergarments, jewelry, etc.) that will be in the scan field

How is a Heart Scan performed?

A Heart Scan can be completed within 15-20 minutes and DOES NOT require the injection of contrast material. The scan is fast and painless. The technologist positions you on the CT table and places EKG leads on your chest so the scanner program can detect the best possible time to take the images. The scan is performed while you are lying flat on your back and the technologist will assure you are comfortable before the scan begins. The technologist can hear, see and communicate with you at all times during the scan. Immediately after the test, you can return to normal activities.

A cardiac nurse will meet with you after the Heart Scan to review your results. If your calcium score is elevated, a cardiologist will make follow-up recommendations for you and your primary care physician.

What about radiation risk?

Penrose Hospital and St. Francis Medical Center staff take all measures to reduce and minimize your exposure to radiation. In fact, our hospitals were the first in southern Colorado to use low dose radiation CT scanners that reduce your exposure by up to 40 percent compared to traditional scanners.

What does your score mean?

A negative scan indicates no calcified plaque has accumulated in your coronary arteries and you are advised to maintain a heart healthy lifestyle. A positive scan means coronary artery disease (CAD) is present and the amount of the calcified plaque helps physicians decide treatment goals and/or recommendations for further diagnostic testing. The calcium score reflects the amount of calcified plaque in your coronary arteries and the ranges can be seen in the table below:

Calcium Score	Presence of CAD
0	No evidence of CAD
1-10	Minimal evidence of CAD
11-100	Mild evidence of CAD
101-400	Moderate evidence of CAD
Over 400	Extensive evidence of CAD

* World Health Organization, 2015