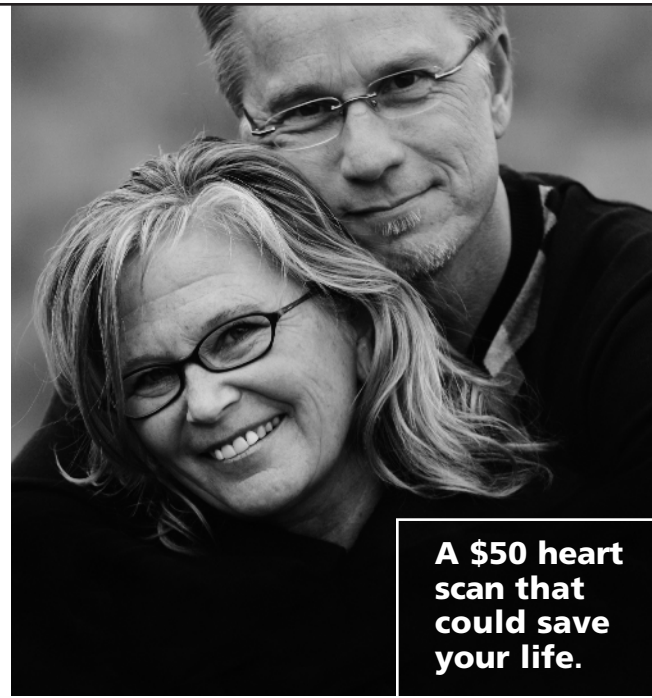




A S S O C I A T E S™

THE CORONARY ARTERY CALCIUM SCORE CT

This simple, painless, non-invasive test helps doctors diagnose heart disease before you may have any symptoms.



A \$50 heart scan that could save your life.

appletonheartinstitute.com

920-731-8900

■ WHAT DOES A CORONARY ARTERY CALCIUM SCORE SHOW?

Coronary artery calcium scoring using Appleton Heart Institute's 64-slice CT scanner can identify the buildup of cholesterol in the heart's arteries that can lead to heart disease or a heart attack.

Coronary artery plaque calcifies – or hardens – reducing the artery's size and the amount of blood that can flow to the heart. Calcified plaque can be seen by the CT scan. The amount of calcified plaque present in your heart's arteries is related to your risk for a heart attack.

■ WHAT DOES MY SCORE MEAN?

Your calcium score is a number that corresponds to a level of plaque:

SCORE	PLAQUE
0	No evidence of plaque
1 – 100	Mild amount of plaque
101 – 400	Moderate amount of plaque
Over 400	Extensive amount of plaque

Higher calcium scores mean a higher risk of heart attack.

A score of zero suggests that there is no calcification within the coronary arteries, and that the chance of having a heart attack over the next 5 years is very low. All other scores mean that coronary artery disease is present in some degree. The higher the score, the more likely it is that the patient could suffer a heart attack or death in the coming years.

This could be the best \$50 you'll ever spend. Find out what your risk of heart attack is by scheduling your Coronary Artery Calcium Score CT: call Appleton Cardiology Associates at 920-731-8900.

■ WHO SHOULD GET THE EXAM?

Males 35 or older and females 40 or older who have one of the following risk factors are encouraged to have this test:

- Family history of heart disease
- Smoker
- High LDL cholesterol
- Low HDL cholesterol
- High blood pressure
- Overweight
- Sedentary or high risk lifestyle

■ WHAT IS REQUIRED OF ME DURING THE TEST?

No special preparation is necessary. Patients will be asked to remove all metal objects from the chest area. You'll lie still on the scanner table as it advances through the donut-shaped scanner. The scanner will pass over you 3 times; each time you'll be asked to hold your breath for 10 seconds or less. The scan is fast and painless.

■ OPTIONAL \$35 OVER-READ

For an additional \$35 a radiologist will review the anatomy around the heart (breast tissue, lungs, etc.) to screen for non-cardiac abnormalities.