



SAIFEE HOSPITAL

under the auspices of Saifee Hospital Trust Reg. No. E-5448 (Bom)

CT CORONARY ARTERY CALCIUM SCORING

A cardiac CT scan is a fast, simple, painless and non-invasive way of obtaining information about the location and extent of calcified plaque in the coronary arteries—the vessels that supply oxygen-containing blood to the heart wall.

Plaque is a build-up of fat and other substances, including calcium, which can, over time, narrow the arteries or even block the blood flow to the heart. The result may be painful angina in the chest or a heart attack.

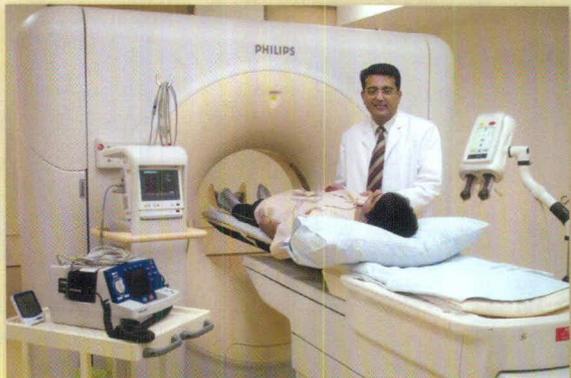
Because calcium is a marker of coronary artery disease, the amount of calcium detected on a cardiac CT scan is a helpful diagnostic tool. The findings on cardiac CT are expressed as a calcium score. Higher the calcium score, greater is the risk of cardiovascular diseases.

The goal of cardiac CT for calcium scoring is to detect coronary artery disease (CAD) at an early stage when there are no symptoms and to determine its severity.

It is a screening study that is recommended for patients with risk factors for CAD but no clinical symptoms. The procedure is most often suggested for men aged 40 years or older and for women who are aged 50 and above or who are postmenopausal.

The major risk factors for CAD are,

- high blood cholesterol levels
- a family history of heart disease
- diabetes or high blood pressure
- being overweight or obese
- being physically inactive
- stressful lifestyle
- cigarette smoking



A senior Radiologist, specifically trained to supervise and interpret radiology examinations, will analyze the images and send a signed report to your doctor.

A negative cardiac CT scan that shows no calcification within the coronary arteries suggests that atherosclerotic plaque is minimal and that the chance of coronary artery disease developing over the next two to five years is very low.

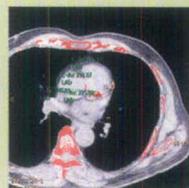
A positive test means that coronary artery disease is present, regardless of whether or not the patient is experiencing any symptoms. The amount of calcification—expressed as a score—may help to predict the likelihood of a cardiovascular risk in the coming years.

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

Normal image ▶



High Calcium score image ▶



Not all calcium deposits in the coronary arteries mean that there is a blockage, and not all blocked arteries contain calcium.

Based on screening results, Doctor can help the patient determine the best course of action to reduce cardiovascular risks. Options may include clinical interventions, medications and/or lifestyle modifications.

Early detection offers the opportunity to reverse the blockage of arteries and lower the risk of a future heart attack.

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