

## **NON INVASIVE RISK ASSESSMENT TESTS**

Multiple studies show that conventional tests used to assess your risk for future vascular events such as heart attacks, stroke and sudden death have limitations. Calcium scoring is a non invasive means of assessing for early atherosclerosis. Most insurance companies do not pay for these tests (cost \$100-200) but depending on your symptoms, risk factors and family history this test may be useful to perform. Please review and discuss with your cardiologist or call our offices to arrange.

 Coronary artery with calcification

Coronary calcium scanning looks for specks of calcium (called calcifications) in the walls of the coronary arteries. Calcifications are an early sign of heart disease. The test can show, before other signs and symptoms occur, whether you're at increased risk for a heart attack or other heart problems.

A coronary calcium scan is most useful for people who are at moderate risk for a heart attack. You or your doctor can calculate your 10-year risk using the Risk Assessment Tool from the National Cholesterol Education Program. People at moderate risk have a 10 to 20 percent chance of having a heart attack within the next 10 years. The coronary calcium scan may help doctors decide who within this group needs treatment.

Calcium score – zero (optimal), 1-10 – minimal, 11-100-mild, 101-400-moderate, 401or > severe

## 1. Coronary Calcium Score and CTA