

Coronary Artery Calcium Scoring (CACs)

WHAT IS CORONARY ARTERY CALCIUM SCORING?

Coronary Artery Calcium Scoring (CACs) - also known as HeartCheck - is a relatively new method to image the coronary arteries to look for signs of Coronary Artery Disease (CAD) due to the buildup of calcium in fatty deposits in the coronary arteries. This scan can determine who is at risk of developing symptoms of coronary artery disease. From the images the amount of calcium in your coronary arteries is measured, and a score (CAC Score) is calculated from the amount of calcium present. No contrast media is used in this scan.

Coronary Artery Calcium Scoring is done using a CT scanner. CT (Computed Tomography) uses a combination of x-rays and high-powered computers to obtain cross-sectional images of the body. These images show all types of tissue, including the heart, the coronary arteries and heart vessels with great clarity. Advanced software also enables 3D reconstruction of the scans.

BEFORE THE SCAN:

- **Please do not exercise on the day of your appointment - until AFTER you have seen us.**
- **Please do not consume products containing caffeine for 12 hours before the scan.** This includes:
 - Coffee.
 - Tea.
 - Chocolate.
 - Energy drinks.
- **Please inform us if you are taking any medications that are contraindicated with using nitrates.** e.g. Cialis (Tadalafil), Levitra (Vardenafil), Viagra (Sildenafil).
- Please inform us if you have narrow-angle Glaucoma.
- **Please inform us if you have a cardiac pacemaker inserted.**
- Carefully read and complete the questionnaire and consent form.