

Coronary Calcium Scoring

Coronary Calcium Scoring

A coronary calcium scoring is a special computerized tomography (CT) scan of your heart that helps detect and measure calcium-containing cholesterol plaques in your coronary arteries.

Cholesterol plaques in your arteries can grow and restrict blood flow to your heart. This screening adds up the amount of calcium deposited in all of your coronary arteries and a score is given. Coronary calcium scores are also given as percentile scores letting you know how much calcium you have in comparison to other men or women your age.

Your provider will use your screening results to help decide whether you need medication or lifestyle changes to reduce your risk of a heart attack or other heart problems.

Please allow at least 45 minutes to complete the exam.

What Does a Coronary Artery Calcium Score Mean?

In general, the lower the score, the lower your chances of developing a heart attack. The higher the score, the greater the chances.

The coronary artery calcium scoring does **NOT**:

- Predict with certainty whether or not you will have a heart attack.
- Provide a detailed map of where your coronary artery narrows.
- Serve as a substitute for a coronary angiogram or stress test.
- Predict which artery is likely to rupture and cause a heart attack.

Preparing for the Test

- No special preparation is needed for this test.
- You will need to remove jewelry around your neck or near your chest.
- You may be asked to undress from the waist up and wear a hospital gown.

After the Test

The facility administering the coronary calcium scoring will advise you of your results within two (2) to three (3) days after completing the test. *Note: Please bring a copy of your results with you to your next office visit to have them scanned into your chart.*

Locations Coronary Calcium Scoring is Offered:

Fairview Clinic - Wyoming

5200 Fairview Boulevard
Wyoming, MN 55092

651-232-5500

(Regional scheduling number for M Health Fairview)

Cost: \$105

Due at the time of service. You may use an HSA or FSA for payment.

- They also offer calcium scoring at their Blaine and Princeton Clinic locations.

United Heart and Vascular Clinic

225 Smith Avenue N., Suite 100
Nasseff Specialty Center-Imaging Center
St. Paul, MN 55102

651-292-0007

(Scheduling number for Allina Health - Nasseff Specialty Center)

Cost: \$100

Due at the time of service. You may use an HSA or FSA for payment.

- Appointments are Monday through Friday.