

How to prepare for the exam:

There is no preparation for Cardiac Scoring CT

What do I need to do before the appointment?

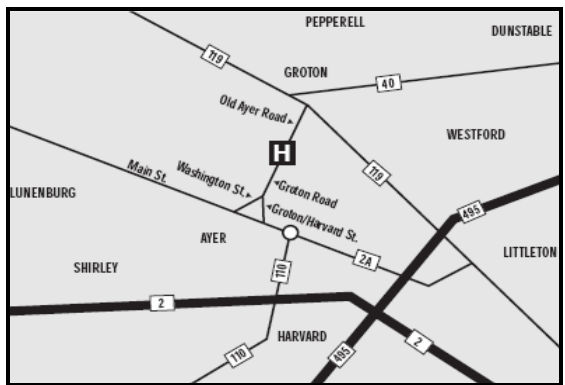
We will need your **height, weight**, and approximate **Heart Rate (pulse rate)** to perform the calculations that provide the results. If your heart rate is **80 or above**, your doctor will need to prescribe a medication called a Beta-Blocker to slow your heart down during the test to allow accurate imaging. There is no special preparation required. You may eat as usual. Please check in at outpatient registration 15 minutes early. Your payment will be collected at this time and can be made in the form of cash, check or charge.

THIS IS A SELF-PAY EXAM (NOT COVERED BY INSURANCE). Fifty (\$50) dollars is due at the time of registration. Cash, Check or Charge is accepted.

This brochure is intended to provide basic information to our **CT Scan** patients. If you have any remaining questions about your exam, please consult your physician.



(L) Normal coronary artery (R) D- indicates Calcium in left coronary artery



From the NORTH:

SOUTH on Rt.495 to Littleton Common/Groton Exit 31, Rt. 119. Head WEST toward Groton on Rt. 119. Left on Old Ayer Rd., just before Groton Center. Old Ayer Rd. becomes Groton Rd. Travel 2.0 mi. Hospital is on the right.

From the SOUTH:

NORTH on Rt.495 to Rt.2 WEST. Follow Rt. 2W to Ayer/Harvard Rt.110 Exit 38B. Follow to 110 to Ayer rotary, turn right off rotary onto Main St., immediately beyond McDonald's. Follow Main St. .3 mi. Take first Right, onto Groton-Harvard Rd. Go straight at blinking red light. At Stop sign bear right onto Groton Rd. Hospital is on the left at the top of the hill.

From the WEST:

Follow Rt.2 E to Ayer/Harvard/ Rt.110 Exit 38 B and follow directions "from the South".

From the EAST:

Follow Rt.2 W to Ayer/Harvard/Rt.110 exit 38 B and follow directions "from the South".

Your appointment is scheduled for

DATE: _____

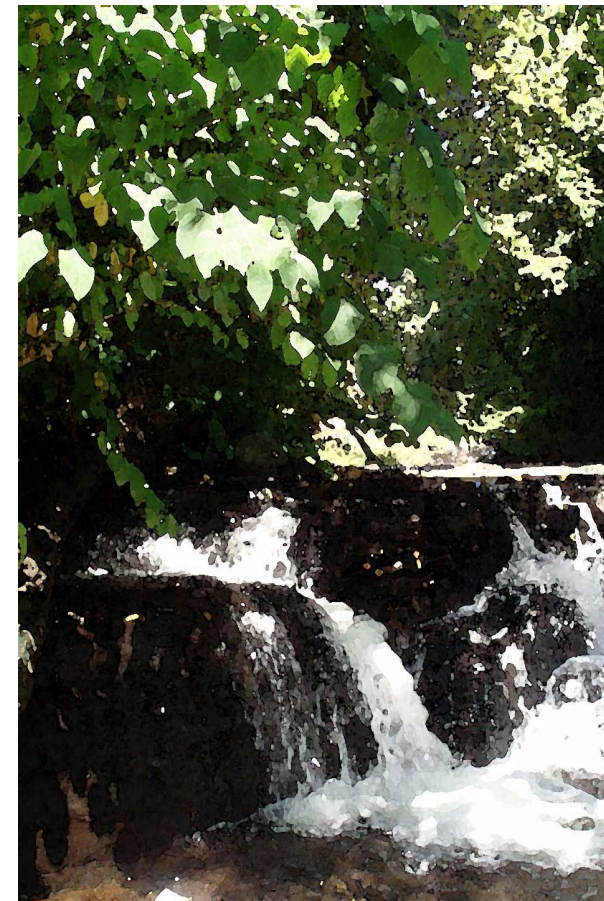
TIME: _____

PLEASE ARRIVE 15 MINUTES EARLY AT OUT-PATIENT REGISTRATION.

9-12-08jat

Cardiac Screening CT Also known as Calcium Index Scoring

A Slice Above the Rest



Nashoba Valley Medical Center

CT Scan

200 Groton Rd.
Ayer, MA 01432

Ph: 978-784-9270

Fax: 978-784-9550

Why does my Doctor Want Me to Have an CT Scan?

Coronary Artery Disease

Coronary artery disease (CAD) is the number one cause of death and disability in the United States and the most common cause of sudden death in otherwise healthy adults. CAD affects over 13 million Americans and over 500,000 Americans die from complications of CAD each year.

Coronary calcium scoring is a CT scan of your heart that looks at calcium build up in the arteries of the heart. The amount of calcium in your coronary arteries has been shown to be an independent risk factor for CAD above and beyond standard risk factors (family history, Diabetes, high cholesterol, high blood pressure, smoking, obesity etc.) and to be a better predictor of a future adverse cardiac event than these risk factors alone.



NVMC 16-slice Toshiba Aquilion

What to expect during the exam:

Most CT exams are painless, fast and easy. With Multi-Slice CT the amount of time that the patient needs to lie still is reduced.

Though the scanning itself causes no pain, there may be some discomfort from having to remain still for several minutes. Please let our technology staff know if you have any difficulty with remaining still due to pain or claustrophobia so that we can make you as comfortable as possible.

With modern CT scanners, you will hear only slight buzzing, clicking and whirring sounds as the CT scanner revolves around you during the imaging process. Our multi-slice CT allows thinner slices to be obtained in a shorter period of time, resulting in more detail and additional view capability.

Modern CT scanners are so fast that they can scan through large sections of the body in just a few seconds. Such speed is beneficial for all patients but especially children, the elderly and critically ill.

What do the results mean?

The results need to be incorporated with the rest of your medical history. This exam provides a scale that correlates the amount of calcium to the likelihood of a significant coronary artery narrowing and thus the likelihood of a future adverse cardiac event.

How is the scan performed?

You will lie on your back on the CT scan table. EKG electrodes will be placed on your chest. You will be slowly advanced into the scanner and images of your heart will be obtained while you hold your breath for approximately 30 seconds. The scan itself only takes a few minutes and does not involve any injection of x-ray contrast material. As the CT scanner is also used for numerous other purposes including evaluation of inpatients and emergencies there may be a short wait for your exam.

What happens to the results?

The scan is sent to a computer work station where the radiologist uses a software program to quantify the amount of calcium in each of your coronary arteries. These individual arteries are summated to give you a total calcium score. It is this score that determines your risk for an adverse cardiac event. The results are sent to your doctor who can then integrate this information with the rest of your medical history. You and your doctor will receive a copy of the report, any additional copies must be obtained by calling NVMC medical records at 978-784-9266.

After the exam:

You can resume your normal activities.