

Coronary calcium scoring

Patient information and questionnaire

This patient information sheet should answer any questions you have about your procedure. If you still have questions after reading this, you can visit the Diagnostics section of our website www.theholly.com, telephone the Diagnostic Centre on 020 8936 1202 or email diagnostics@theholly.com

Why do we carry out this procedure?

Coronary Heart Disease (CHD) is one of the leading causes of death in the western world. According to the British Heart Foundation it kills more than 100,000 people in the U.K. every year.

Calcium is a marker of coronary heart disease. Calcified plaques build up along the walls of the coronary arteries over years, but more rapidly in patients with certain risk factors. The coronary arteries supply blood to the heart muscle. The build-up of calcium narrows these vessels obstructing the blood flow to these muscles and ultimately causing a heart attack.

As calcium acts as an additional risk factor for future cardiac events, it is important we measure it so that we can introduce appropriate treatment

measures at an early stage of coronary heart disease.

Coronary calcium scoring

Cardiac Computerised Tomography (CT) for calcium scoring is a screening procedure which measures the amount of calcium in the coronary arteries. It is a quick and simple procedure, causes no discomfort and does not require any injection. Based on your calcium score your "risk" will be assessed by a Consultant Radiologist and appropriate referral will be advised, if necessary.

Are there any risks?

The test does expose the patient to a limited amount of radiation, the dose being equivalent to that of approximately 15 - 20 chest x-rays or similar to six months background radiation.

The results of the calcium scoring can sometimes come out positive even though there is no significant blockage of the coronary arteries. In this scenario, the patient will need further tests for clarification. However, the benefits of this simple examination are considered to outweigh the risks.

Patients who are at risk

Males over the age of 40 and females over the age of 45 and who have any one of the following risk factors are eligible to have this scan.

Please tick box where relevant:

- High blood cholesterol levels
- Cigarette smoking
- High blood pressure
- Obesity
- Family history of heart disease
- Diabetes
- Physical inactivity/
sedentary lifestyle
- Known renal disease

We accept self-referrals if you fit these criteria. If in doubt, please ask to speak to one of our Radiographers who will be advised by a Consultant Radiologist. Please note that self-referring patients cannot claim through their private insurance.

- Your GP will need to know you are booking a scan. Please tick this box to confirm you have informed him/her.

Important information for patients paying for their own treatment

We respectfully request that your account is settled either by insurance authorisation or payment at the time of your appointment. A fee may be charged for non-attendance or if less than 24 hours notice is given to cancel an appointment.

Further information

Please do not hesitate to contact us if you have any further queries. You can telephone the Diagnostic Centre on 020 8936 1202 or email diagnostics@theholly.com. Alternatively you can visit the Diagnostics section of our website www.theholly.com

If you would like a copy of this information in large print or an alternative language, please call 020 8936 1214.

Please note we are unable to provide child care facilities during your examination and in most cases children will be unable to accompany you into the examination rooms.

Please provide:

Your name and address

Your GP's name and address:

Please note that patients who have had previous cardiac intervention (angioplasty, stent or surgery) or any previous cardiac problems should not use this service and seek the advice of their GP or a Cardiologist.

Call: 020 8505 3311 (Main Switchboard)

Call: 020 8936 1202 (Diagnostic Centre)

Email: diagnostics@theholly.com

Visit: theholly.com

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