



What Is a HeartScreen?

The PENRAD HeartScreen is a diagnostic tool used to detect early signs of coronary artery disease. A Sub Second Spiral CT Scan records a series of detailed images of the blood vessels of your heart very quickly and very accurately. The test is fast, typically just 10 to 15 minutes and completely painless. A HeartScreen is non-invasive, which means there are no injections, dyes or needles. The HeartScreen is a very unique exam that allows the detection of calcified plaque in coronary arteries and a personal risk assessment for coronary artery disease. Even if mild calcification has begun; the condition may be treatable with lifestyle changes like diet and exercise.

Why Test Your Coronary Arteries?

Coronary Artery Disease is the number one cause of death in both men and women in the United States. This disease usually is caused by plaque deposits that build up and decrease the flow of blood to the heart muscle. There are two types of plaque buildup in the coronary arteries; soft plaque and calcified plaque. The HeartScreen identifies the presence of calcified plaque but cannot identify soft plaque. The presence of soft plaque can only be identified by a very specialized interventional procedure usually performed immediately following a heart attack. The HeartScreen is an effective screening tool for the early identification of calcified plaque. Coronary Artery Disease is the number one cause of death in both men and women in the United States. More than 500,000 Americans will die of heart attacks this year, over half of those who die will have no prior symptoms. Coronary Artery Disease is responsible for 1.5 million heart attacks annually.

If you have questions/concerns, please call PENRAD Imaging at 785-9001

**Some Common Risk Factors:**

Smoking

Diabetes

Overweight

Inactive lifestyle

Chronic stress

Men over 40 years of age

Family history of heart disease

High blood pressure

High cholesterol levels

Preparing for a HeartScreen

A HeartScreen requires no special preparations. The test is completely painless and non-invasive. You will be asked to wear a comfortable two-piece outfit without buttons, zippers or other metallic parts (like a sweat-suit) or you may change into a gown provided at our facility. The exam takes approximately 10 to 15 minutes. Please let our appointment scheduler, technologist or radiologist know if you are or suspect you may be pregnant.

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During the Exam

Several EKG electrodes will be placed on your chest and you will be asked to lie on the exam table. The movable table will be raised, lowered and moved in and out of the scanner. You will hear a variety of whirring, clicking and other machine-like noises during the test. An intercom will allow you to talk to the technologist during the procedure.

After the Exam

A detailed result will be generated by the HeartScreen equipment. These results will be interpreted by a Board Certified Radiologist who will then dictate a formal report. The computer generated report and the official dictated report will be sent to you and your healthcare provider. Your healthcare provider will discuss the results with you and may recommend a treatment plan. Make sure you have a clear understanding of your test result and the potential impact on your health. Feel free to contact our nursing staff for additional questions concerning your HeartScreen.

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