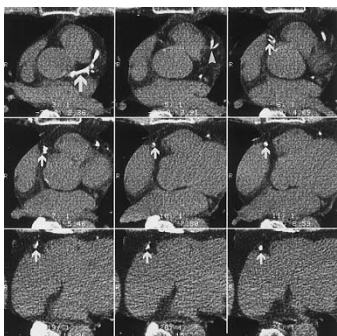


About Cardiac Calcium Scoring

Cardiac calcium scoring is a revolutionary, pain-free, non-invasive procedure requiring less than 15 minutes. Using CT imaging with sub-second scanning capability, the equipment takes 50-80 images of your coronary arteries without any injections or needles. The amount of calcium or plaque detected in your coronary arteries is used to establish your cardiac calcium score.



Medical Clinic of Houston uses a state-of-the-art Toshiba CT imaging scanner that is so fast it can render images of a human heart, even as it beats.



Subtle early warning signs of heart disease can be detected. This exam gives your physician the opportunity to take any preventative measures before these issues become life-threatening problems.

Preparing for the exam.

Preparation for the cardiac scoring exam is minimal. Patients are asked to avoid caffeine and smoking for four hours prior to the procedure to lessen the effects of an elevated heart rate. After the study, the patient is free to return to his or her regular routine.

What to expect during the procedure.

First you will be asked to lie down on the imaging table while a CT technologist places EKG leads on you. The CT technologist will then position your chest within the imaging range. A board certified radiologist, using precision software, calculates your cardiac score based on the CT images taken. The cardiac calcium scoring results will be sent directly to your MCH physician who will contact you with the results.

Facts about heart disease:

- 58 million Americans have one or more forms of cardiovascular disease.
- Coronary heart disease is among the top two killers of men and women in the United States.
- More Americans die of heart disease than all types of cancer combined.
- Every year, at least 250,000 die of a heart attack within one hour of the onset of symptoms and before they reach a hospital.
- 12 million people alive today have a history of heart attack, chest pain, or both

What are the risk factors?

- High blood pressure (greater than 140/90)
- Diabetes
- High cholesterol (undiagnosed or untreated – 200mg/dl or greater)
- Family history of heart disease
- Cigarette smoking
- Sedentary lifestyle (exercise less than three times a week)
- Overweight by 20% or more
- High stress lifestyle
- Age: Men over 45 years old; Women over 55 years old

Scheduling

To schedule your appointment, please talk to your MCH physician.

Cardiac Calcium Scoring	
Score	Presence of plaque
0	No evidence of plaque, which means there is less than a 5% chance that you have coronary artery disease (CAD).
1-10	A small amount of plaque is noted, which means there is less than a 10% chance that you have CAD.
11-100	Plaque is present, which means you have CAD, but you have only mild hardening in the coronary arteries.
101-400	Plaque is present in a moderate amount, which means you have CAD, and plaque may be blocking an artery.
Over 400	Plaque is extensive, which means there is more than a 90% chance that plaque is blocking one or more of your coronary arteries.

Other Services Available at MCH

Using some of the most advanced imaging technology available, Medical Clinic of Houston offers a wide variety of digital imaging services including Mammography, MR, CT, Ultrasound, Bone Density, Nuclear Medicine, and general X-Ray.



Sleep Disorders Center

Medical Clinic of Houston Sleep Disorders Center is a comprehensive program that brings technical excellence and medical expertise to the diagnosing and treatment of sleep disorders.

The Center offers a wide range of services such as diagnostic studies, continuous positive pressure and bi-level positive pressure titration studies, split-night studies, multiple latency sleepiness test, and maintenance wakefulness testing. All studies are performed and interpreted according to the American Academy of Sleep Medicine's standards to ensure the highest quality of care. Patients are monitored with state-of-the-art equipment in a private, quiet, home-like setting. All rooms are wheelchair accessible. We appreciate the importance of a good night's sleep and know how imperative sleep is to live a healthy life.



Pre-travel Evaluations

To meet the health needs of the global traveler, we provide pre-travel evaluations in order to identify health risks and evaluate a patient's fitness for travel – thus minimizing the risk of health problems abroad in an unfamiliar healthcare delivery system. We also offer vaccinations required for entry by most foreign nations.



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Please visit us at our website, www.mchllp.com,
for more information about Medical Clinic of Houston!



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