Knowledge is power

Heart disease risks:

1. Smoking
2. Hypertension (high blood pressure)
3. High cholesterol
4. Family history of heart disease
5. Diabetes
6. Inactivity (less than 30 minutes of exercise per day)
7. Waist measurement greater than 35” (for women) or 40” (for men)
8. Postmenopausal women

If you have checked two or more of these risk factors, you should talk to your primary care physician as soon as possible about being screened for heart disease.

Working with your physician, you can take three major steps towards better cardiovascular health:

1. Test for atherosclerosis, the plaque formation in the vessel wall and subsequent hardening of the coronary arteries that may decrease the blood supply to your heart.
2. Determine your personal level of risk for cardiovascular disease.
3. Formulate a personal treatment plan with your physician, according to this level of risk.

What Should You Do Next?

- Discuss the information in this brochure with your personal physician.
- To find out more, call 513-618-1063 or visit www.proscan.com.

THE STAGES OF CORONARY ARTERY DISEASE

Healthy Artery: Normal Vessel, No Plaque in Vessel Wall
Mild CAD: Plaque Buildup in Vessel Wall
Moderate CAD: Some Vessel Narrowing; Plaque Discharge, and Clotting
Severe CAD: Near-Total Vessel Blockage, Heavy Calcification in Vessel Wall

Directions to ProScan Imaging Midtown

From I-71 North: Take Exit 8B, Ridge Road North. Turn left onto Ridge Road. Go to second light (Wendy’s) and turn right at Highland Avenue. At the second light, turn left onto Kennedy Avenue. Enter ProScan through the first driveway on the right.

From I-71 South: Take Exit 8, Ridge Road/Kennedy Avenue. Turn right off exit onto Highland Avenue (facing Home Depot). At the next light, turn left onto Kennedy Avenue. Enter ProScan through the first driveway on the right.

Because They’re Counting on You…
CT Imaging – the foundation. Computed Tomography is a rotating computerized X-Ray that makes 2D and 3D slices of the body. It has evolved into one of the most important tools used in the early detection of heart disease. CTs are performed using special x-ray equipment that creates many thin images, or “slices,” of the body. After the images are created, the CT scanner uses powerful computers to join all these slices together into cross-sectional views of the body.

CTCS – a score that matters. For many years, CT has been used to perform a test called the CT Calcium Score, or CTCS. Calcium in the arteries of the heart is a marker (like cholesterol) for heart disease. It is a screen not usually covered by insurance.

CCTA – a diagnostic breakthrough. For patients who are known to be at higher risk of heart disease, or those with symptoms, a more comprehensive CT examination is performed. Coronary Computed Tomographic Angiography, or CCTA, is one of the most dramatic breakthroughs in coronary artery disease detection in decades. An advanced, 64-slice CT scanner is used to produce amazing three-dimensional, high-resolution images of the coronary arteries. It’s basically a non-invasive angiogram.

The great advantage of CCTA is that it can discover signs of coronary artery disease that could lead to a heart attack, yet are not detectable using other diagnostic tests. Using the CCTA in conjunction with your calcium score, your physician will be able to identify the severity level (if any) of coronary artery disease you may have – and will have all the information he or she needs to determine the appropriate course of treatment. When it’s negative, it is truly negative.

Fast scan, faster results. Unlike more invasive methods of evaluating your heart attack risk, a CCTA scan takes just 15 minutes to perform – and you can have it done at ProScan’s convenient Midtown outpatient imaging center. This extremely accurate test is covered by most insurance plans, including Medicare.

The people you care about are counting on you.

The information you are holding in your hands has a simple goal – to ensure that you’ll continue to be there for the people you care about for as long as possible. As we age, it becomes increasingly important to understand our own risk factors for having a heart attack or other serious cardiovascular health problems.

A normal CCTA (coronary artery CTA) virtually assures you do NOT have cardiovascular disease.

Because They’re Counting on You...

For more information, contact us at 513-618-1063

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