

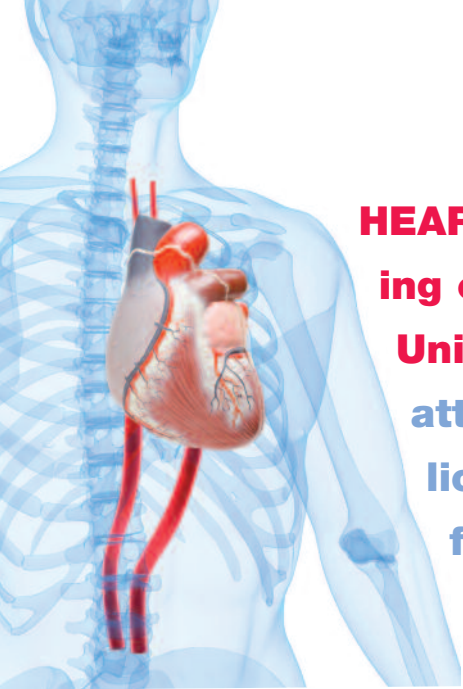


Baptist Cardiac & Vascular Institute



The
CT
Heart Scan:

A simple test
that detects
heart disease



HEART DISEASE is the leading cause of death in the United States. While heart attacks occur in 1.2 million Americans each year, for 150,000 people the first sign of heart disease is sudden death.

Facts About the CT Heart Scan

The advanced CT heart scan, with its detailed, three-dimensional images, is an important new diagnostic option. Now, doctors can detect blocked arteries whether or not you show any symptoms. The heart scan views the walls of the vessels and detects if there is plaque in the arteries, which causes coronary heart disease. The CT heart scan is quick and painless.

Who May Benefit

Speak to your doctor to determine whether this exam is right for you. A CT heart scan may be recommended if you have experienced chest pain or symptoms related to heart disease. It also may be considered if you have no symptoms but are at risk for blocked arteries in your heart.

Risk factors include:

- A family history of heart disease.
- High blood pressure.
- High cholesterol.
- Diabetes.
- Smoking.
- Being overweight or obese.
- Physical inactivity.

How It Works

CT heart scans enable doctors to take pictures of the heart and surrounding blood vessels in unprecedented detail. Our state-of-the-art scanner creates 64 images, each as thin as a credit card. In just five heartbeats, the scanner will produce more than 500 images. A computer combines these images to form a 3-D view of the heart.

The images are rotated and viewed from a variety of positions. Getting such a clear view of the heart enables your doctor to pinpoint blockages in the arteries of the heart and to evaluate your health risk with great accuracy.



Preparing for the Heart Scan

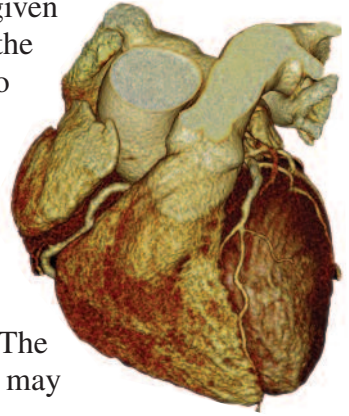
- If you are a smoker, do not smoke for 24 hours prior to the exam.
- Since caffeine increases your heart rate, do not have any food or medications that contain caffeine for 12 hours before the exam.
- On the day of the exam, please do not eat or drink anything for three hours before your scheduled appointment.
- Please bring a list of the medications and dosages that you are currently taking to the appointment.
- You may continue taking most medications. If you have diabetes, be sure to talk to your doctor about any medications that you take regularly prior to scheduling your scan.
- Your doctor may prescribe medication for you to take before your exam to slightly slow your heart rate.
- Please arrive 30 minutes before the exam to complete the registration process. Your early arrival will help ensure that we are able to perform the test efficiently and safely.

What to Expect During the Test

The test will take 30 to 60 minutes from start to finish. The actual scan takes 15 minutes or less and requires no recovery.

During the scan, a contrast dye will be given through an IV. The dye is used to visualize the inside of the arteries. A medication may also be given to slow down your heart rate to capture the best possible images.

While lying on the table, you will be asked to raise your hands above your head. As the table moves through the machine, you will be X-rayed while holding your breath for the length of just five heartbeats. The extremely short-duration radiation exposure may represent a minimal health risk.



Actual scan of heart.

Getting Your Result

A Board-certified radiologist with special training in cardiac imaging will review your test. A report will be faxed to your doctor's office, where it will be available to you.

How to Schedule an Exam

Before you schedule an appointment, you will need a prescription from your doctor. To schedule an appointment, please call 786-596-2284.

Medicare and most insurance providers will cover this test if you have a history of chest pain or known heart disease. If you do not have symptoms, the scan is considered a screening and is usually not covered by insurance.



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