



CIS Houma
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Every 29 seconds someone suffers a heart attack. Do you know your score?

You could know. All it takes is a fast, painless exam to help you and your doctor understand your risk for a heart attack. Within just five minutes, using a procedure called coronary artery calcium scoring, calcium buildup can be detected that may indicate heart disease. Then, once you know, you can prevent. And that's peace of mind - just in time.

To find out if the most advanced screening for heart disease is right for you, ask your doctor or call us at 1 (800) 425-2565 for more information.

Coronary Artery Calcium Scoring

- ✓ Detects heart disease in its earliest stages
- ✓ Provides highly accurate results
- ✓ Requires 5 minutes of scanning
- ✓ Helps you understand your risk so you can prevent heart disease

Know Your Risk Factors

The following factors may increase your risk for heart disease, and ultimately, a heart attack. Check all boxes that apply to you:

- You are male and over 45 years old.
- You are female and over 55 years old, OR you have passed menopause or had your ovaries removed and are not taking estrogen.
- Your father or brother had a heart attack before age 55 OR your mother or sister had one before the age of 65.
- You smoke OR you live/work with someone who smokes daily.
- You have a cholesterol level of 240 mg/dl or higher.
- You've been told your blood pressure is high.
- You do NOT exercise on a regular basis for at least 30 minutes.
- You're 20 pounds or more overweight.
- You have diabetes OR you need medicine to control your blood sugar.

If you checked two or more boxes, you may be at risk for heart disease, and CACS may be a good next step to assess your risk more completely.

Coronary Artery Disease: The Inside Story

Heart disease is the common name for "coronary artery disease" (CAD). This condition is the end result of a progressive hardening of the arteries, a process in which arteries become clogged and prevent oxygen-rich blood from reaching the heart. Over time, deposits of cholesterol and other substances build up along vessel walls and become calcified. Blood flow slows until a blood clot forms, completely sealing off the passage of blood to the heart. At that point, a heart attack occurs.

What is Coronary Artery Calcium Scoring? (CACS)

Calcification in the coronary arteries is the earliest indicator of heart disease. CACS uses non-invasive, high-speed computerized tomography (CT) to scan the heart and detect calcium deposits along the walls of arteries. The test then produces a calcium score that identifies your level of deposits. Taking into account other factors such as age, family history and cholesterol level, your doctor uses that score to measure your potential for heart disease.

What Should You Expect During the Exam?

- > You'll be lying comfortably on the exam table for about five minutes, though the scan takes only seconds.
- > There's no need to change your clothes, but all jewelry and metal items must be removed.
- > The exam is "cardiac gated," so electrocardiogram leads will be placed on your chest to synchronize the scan with your heartbeat.
- > You will be asked to hold your breath for a few seconds during scanning.



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- › The scan is painless and emits only a small amount of radiation.
- › There is no special preparation for the exam — no fasting, no injections, no ceasing of medications.

Gaining Peace of Mind, Just in Time

The results of your exam represent peace of mind, since early detection is key to prevention. Considering more than half the people who died suddenly of heart disease had no symptoms, what you know today can help you live healthier tomorrow.

Next Steps for You and Your Doctor:

Should your score indicate a risk for heart disease, your doctor can recommend drug therapies or lifestyle modifications to help slow the progression of the disease. Be sure to consult your doctor for the right treatment for you.

Heart Healthy is the Way to Live

You should take measures to live “heart healthy” even if your score is negative. CACS can predict risk for most people, but not all. With that in mind, you can make lifestyle changes right now to ensure your good health in the years to come:

- › Maintain a healthy weight — try to stay within 20 pounds of your ideal weight.
- › Exercise on a regular basis for at least 30 consecutive minutes.
- › Quit smoking.
- › Eat a diet low in saturated fats, limiting butter and red meat, as well as fried foods.
- › Reduce your stress level since excessive anger and hostility can increase your risk for CAD.
- › Visit your doctor annually for checkups and cholesterol testing.