



ARE YOU AT RISK FOR A HEART ATTACK?

EARLY DETECTION COULD SAVE YOUR LIFE.

The **HeartScore program** is a comprehensive heart risk assessment that integrates cardiac calcium scoring with your demographics, and personal health history.



WHAT IS CARDIAC CALCIUM SCORING?

HeartScore cardiac calcium scoring is a quick, painless, non-invasive procedure performed with a multislice computed tomography (CT) scanner. During a 30-second test, our team at Wilmington Health can accurately determine the degree and severity of hard plaque within the coronary arteries.

WHY IS CARDIAC CALCIUM SCORING IMPORTANT?

Heart disease is the leading cause of death for both men and women. Often people have no warning signs prior to a cardiac event. Cardiac calcium scoring detects this life-threatening buildup and gives people the opportunity to change their lifestyles and obtain medication before extensive, irreversible damage occurs.

WHO SHOULD GET A CARDIAC CALCIUM SCORE?

Men over the age of 45 and women over the age of 50, especially those with risk factors for heart attack. Risk factors include a family history of heart disease, smoking, high blood cholesterol levels, high blood pressure, diabetes, obesity, and a sedentary lifestyle. The more risk factors you have, the sooner you should be tested.

WHAT DOES MY CARDIAC CALCIUM SCORE MEAN?

The lower your cardiac calcium score is the better. Any person with a score above zero should consider seeking further medical advice for ways to prevent a heart attack. Both lifestyle changes and preventive medications can maintain heart health. People with high scores may benefit from further evaluation with stress testing.

HOW CAN I GET CARDIAC CALCIUM SCORING?

Call 910-815-8516 to schedule a HeartScore appointment at Wilmington Health. A physician referral is only required for men under 45 and women under 50, and the test is only \$125. Wilmington Health Cardiologist Dr. Matt Janik will send the results to you, your primary care provider, and your cardiologist.



DR. MATT JANIK

Only Wilmington Health has a board-certified cardiologist interpret HeartScore results. Dr. Janik also provides written recommendations for each test.