Prevent Heart Disease with Knowledge

The CT Heart Scan

Are You at Risk?

InteCardia
A Prevention Service of
VCS
VIRGINIA CARDIOVASCULAR SPECIALISTS

Do you wonder about heart disease?

Heart disease is the number one killer of both men and women in America. You may know some of the warning signs of a heart attack. But did you know that often the first symptom of heart disease is death? In fact, many people who die suddenly from heart disease had no previous symptoms. That's why doctors often refer to heart disease as a silent killer.

Coronary artery disease is the most common form of heart disease and is the leading cause of heart attacks. Coronary artery disease occurs as plaques clog, or narrow, your arteries. This causes less blood and oxygen to reach your heart.

Do you wonder if you're at risk?

What's your risk?

InteCardia offers an affordable screening test that can identify your risk for a heart attack well before you have any outward symptoms of heart disease. It's the CT Heart Scan and it measures the amount of hard plaque or calcium build-up in your coronary arteries and calculates your calcium score. Your calcium score is an accurate predictor of your risk of having a life-threatening heart attack.

What is a CT Heart Scan?

A CT Heart Scan is a highly accurate, non-invasive way to identify heart disease in its early stages. InteCardia's 64-slice CT scanner takes rapid cross-sectional images of your heart and calculates a calcium score based on the quantity and density of calcium found in your coronary arteries. A low calcium score suggests a low likelihood of coronary artery disease. The higher the score, the more calcified plaque present and the greater your risk of coronary heart disease and a potential heart attack.

The only preparation for the CT Heart Scan is to obtain a prescription from your physician. The scan is quick and painless and does not require any injections or IVs. You simply lie fully clothed on the scanner table with an EKG monitor attached. All you have to do is hold your breath for several seconds. The scan only takes about 10–15 minutes.

You will get your results immediately and a copy of your results will also be forwarded to your primary care physician. If you have a low score, then you have peace of mind! If you have a moderate or high score, then you and your physician have valuable information to develop a treatment plan so you can reduce your risk of having a life-threatening heart attack. Today there are many treatment options for people at risk, some as simple as smart lifestyle changes.

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Every 34 seconds, someone in America will have a heart attack

(AHA stat)

Shelton W. Thomas, MD, FACC
Virginia Cardiovascular Specialists

"A CT Heart Scan can identify heart disease before symptoms, so you can intervene early with lifestyle changes and medication... and avoid stents, bypass, or a heart attack down the road."

InteCardia
is a prevention service of VCS

VCS has been a trusted provider of heart care for over three decades. We are dedicated to providing the most comprehensive and innovative cardiovascular care possible. InteCardia is the home of the CT Heart Scan and part of our mission to find heart disease early, when treatment is most effective. InteCardia is fully accredited and is Central Virginia's most experienced center in CT heart scanning offering:

- **State-of-the-art 64-slice CT imaging system**
- **VCS cardiologists specially trained in cardiovascular CT**
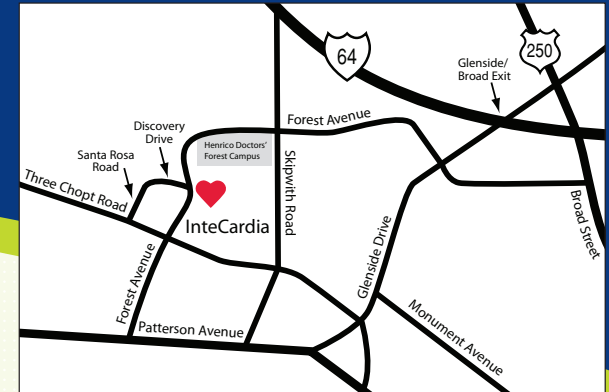- **A professional staff that has performed over 14,000 scans (as of 2010).**

Should I have a CT Heart Scan?

Heart scans are recommended and appropriate for anyone who does not currently have symptoms, but does have risk factors for developing heart disease. If you can answer yes to any of these questions, then you may be a candidate for a CT Heart Scan:

- **Are you a man over 40?**
- **Are you a woman over 50?**
- **Do you have a family history of heart disease?**
- **Do you have high blood pressure?**
- **Do you have high cholesterol?**
- **Are you a diabetic?**
- **Do you smoke?**
- **Are you overweight?**
- **Are you sedentary?**
- **Do you have a stressful lifestyle?**

Know your risk!
You don't need to wonder about heart disease anymore.

Call 804.285.SCAN today.

From I-64 Traveling East: Take exit 183, 250/Broad Street/Glenside Drive. Take the first ramp off the exit toward Glenside Drive. At the light, turn Right onto Glenside Drive. Turn Right at the first light onto Forest Avenue. Proceed straight on Forest Avenue through the light at Skipwith Road. Pass Henrico Doctors' Hospital. At the next light (Discovery Drive), turn Left. Forest Medical Plaza is the first building on your Left. InteCardia is in the VCS Heart Center on the first floor.

From I-64 Traveling West: Take Exit 183-A, Glenside Drive South. Merge onto Glenside Drive. Turn Right at the light onto Forest Avenue. Proceed straight on Forest Avenue through the light at Skipwith Road. Pass Henrico Doctors' Hospital. At the next light (Discovery Drive), turn Left. Forest Medical Plaza is the first building on your Left. InteCardia is in the VCS Heart Center on the first floor.

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