

# What you need to know about Heart Screening

*Preparing for your procedure.*



**Your wellness is our priority.**

**St. Paul Radiology takes great pride by providing you with the best care and service experience in the East Metro area.**

We want to ensure you a positive experience at one of St. Paul Radiology locations by offering information on Heart Scans.

A CT Heart Scan is a pain free, non-invasive procedure that requires less than ten minutes.

## **What is a Heart Screening?**

According to the American Heart Association, coronary artery disease is the leading cause of death and disability in the United States for both men and women. The Heart Screening is a CT scan of your heart that can help determine if you have coronary artery disease. The screening calculates the amount of calcium or plaque in your coronary arteries to obtain a "calcium score." A high score is associated with a high risk of heart attack in the future. Knowing this future risk gives individuals the opportunity to take steps to prevent a heart attack.

## **Who should have a Heart Screening?**

The Heart Screening is most appropriate for asymptomatic men and women between the ages of 40 and 65 who have no personal history of heart disease but who have one or more of the following risk factors:

- Family history of heart disease
- Smoking
- High cholesterol
- Overweight
- Diabetes
- Sedentary lifestyle

## **Should I have a Heart Scan if I have symptoms?**

No. If you have chest pain or productive cough, you should see your physician.

## **Is a Heart Scan painful?**

No. The Heart Scan and is a painless CT scan, and the x-ray dose associated with this scan is low.

## **How long does the Heart Scan last?**

Although the scan lasts less than ten minutes, you should allow one hour for the entire process.

## **How do I receive my results?**

A Board Certified Radiologist (a physician who specializes in interpreting diagnostic images) will review your results with you following your scan. You will be given a typed report, pertinent printed images and a CD of your scan. If needed, the radiologist will make recommendations and answer your questions.

## **Do I need a referral?**

No. Although a referral is not required, patients are strongly encouraged to work closely with their primary care physician to formulate a complete preventative care plan.

## **Is this exam covered by insurance?**

The Heart Scan is considered preventative for asymptomatic people. As such, you should contact your insurance company prior to scheduling your scan to determine if it is covered. If the scan is not covered you may pay with cash, check or credit card at the time of your appointment. Many people are reimbursed through their flexible medical spending accounts. If further tests are needed, these costs are usually covered by insurance.



**The Name you trust.  
The Value you deserve.**

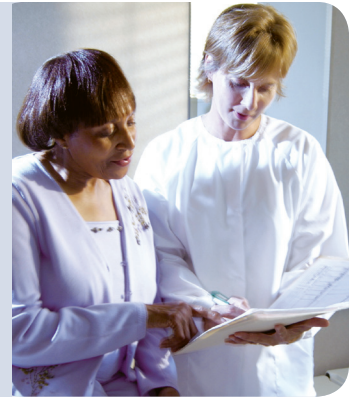
**StPaulRadiology.com**



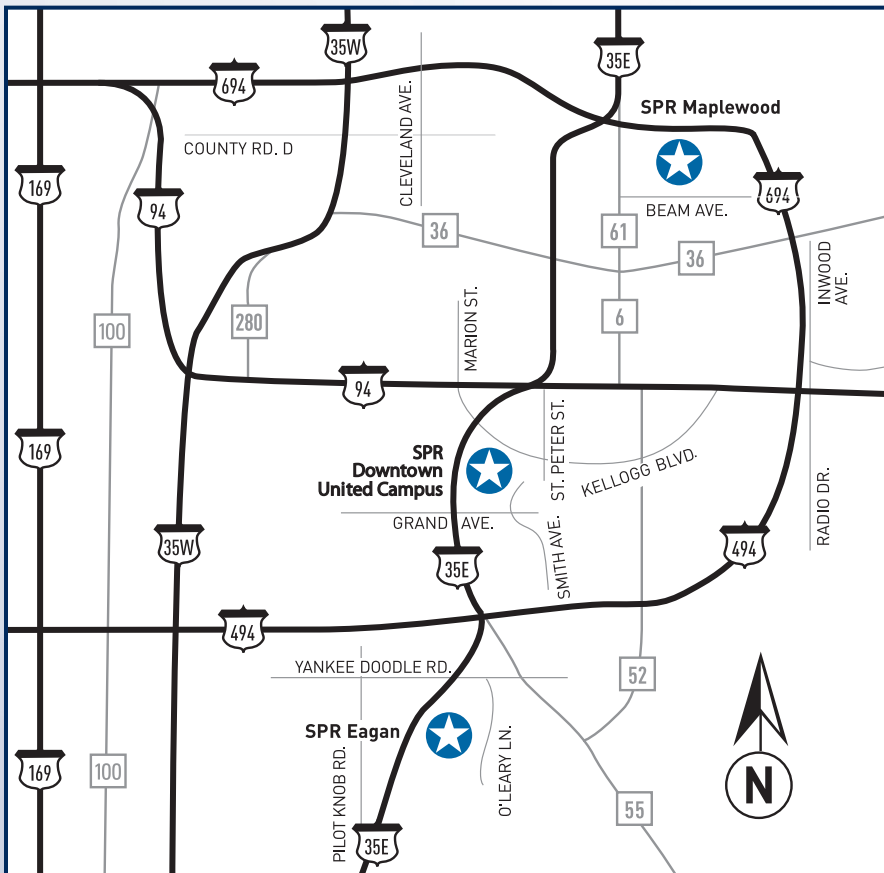
**Over 98% of patients surveyed say their experience with us was like a walk in the park.**

Over 98% patients surveyed said they were satisfied with their experience at St. Paul Radiology. We understand their concerns and make them a priority.

If you have additional questions, please contact the St. Paul Radiology scheduling department at  
**651.632.5700.**



## Three East Metro area outpatient imaging centers for your convenience.



Map not to scale.

### **DOWNTOWN CAMPUS**

250 Thompson Street  
St. Paul, MN 55102

**651.297.6504**

7:00AM to 8:00PM, Mon-Fri  
8:00AM to 3:00PM, Saturday  
*Hours vary by modality*

### **EAGAN**

1185 Town Centre Dr.  
Suite #125

Eagan, MN 55123

**651.456.1300**

7:00AM to 7:00PM, Mon & Weds  
7:00AM to 5:30PM, Tues & Thurs-Fri  
*Hours vary by modality*

### **MAPLEWOOD**

1723A Beam Avenue  
Maplewood, MN 55109

**651.747.4500**

7:00AM to 8:00PM, Mon-Fri  
*Hours vary by modality*

**StPaulRadiology.com**

## Appointment

Name: \_\_\_\_\_

Location: \_\_\_\_\_

At: \_\_\_\_\_ : \_\_\_\_\_ On: \_\_\_\_\_ (Day), \_\_\_\_/\_\_\_\_/\_\_\_\_ (Date)



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**The Value you deserve.**

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