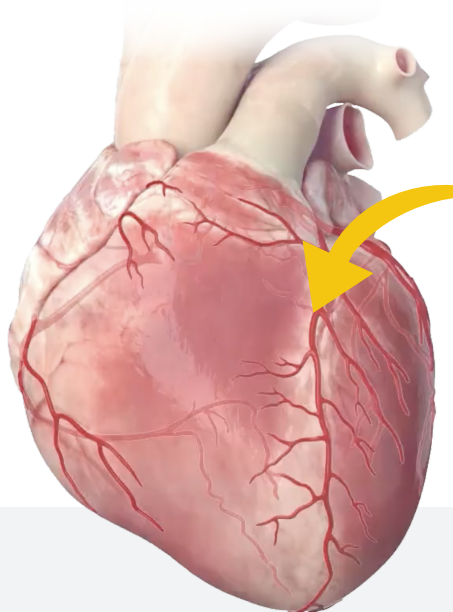


What is a Coronary Artery Calcium (CAC) Scan?

A simple imaging test that **measures the amount of calcium in the heart's arteries.**

- ✓ Helps detect early plaque buildup
- ✓ May be recommended for some:
♂ Men over 40 ♀ Women over 45
- ✓ Is most helpful when there is:
 - 1) A question about your chance of developing heart disease
 - 2) Some uncertainty about whether starting a statin now is best



Signs of
plaque buildup

WHAT THE TEST RESULTS MEAN

You'll get a score, or number, that shows:

Amount of calcium:	None	Mild	Moderate	Severe	Extensive
	0	1-99	100-299	300-999	1,000 or more
10-year chance of heart disease, heart attack or stroke is:	Low	75th percentile or more			Very high
LDL-cholesterol goal:		less than 100 mg/dL	less than 70 mg/dL	less than 70 mg/dL (optional goal: less than 55 mg/dL)	less than 55 mg/dL

The more calcium in the arteries, the greater your risk of a heart attack or stroke.

TALK WITH YOUR TEAM

Depending on the results, you and your health care team may discuss:



Making certain lifestyle changes a bigger priority



Follow-up visits



Adding or changing medication(s) to lower LDL cholesterol and heart risks

Your CAC score can help you and your care team decide how best to lower your risk of heart problems. It's one piece of the puzzle to guide your care.



visit **CardioSmart.org/CAC** to learn more.

@ACCinTouch #CardioSmart

