What is a calcium heart scan?

A test that measures the amount of calcium in the heart’s arteries. It’s:

- Done with a CT scan of the heart (low radiation)
- Most helpful if there is some question about your chances (risk) of developing heart disease, for example:
  - You may have some risk factors
  - Other tests haven’t given clear answers

What the test results mean

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

<table>
<thead>
<tr>
<th>Amount of calcium:</th>
<th>None</th>
<th>Mild</th>
<th>Moderate</th>
<th>Severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chance of heart disease, heart attack or stroke is:</td>
<td>Low</td>
<td>1-99</td>
<td>100-299</td>
<td>300 or more</td>
</tr>
</tbody>
</table>

Talk with your team

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

- Your symptoms at rest and with activity
- Making certain lifestyle changes a bigger priority
- Adding or changing medication(s)
- More tests
- Follow-up visits

Visit CardioSmart.org/CAC to learn more.

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