

Know your coronary calcium score to prevent heart attack

Calcium Scoring measures the amount of calcification in the arteries around the heart.

These calcifications indicate coronary atherosclerosis or so called **“hardening of the arteries”** which is the leading cause of death worldwide.

The more calcification present, the higher the calcium score and the greater the likelihood of significant heart disease.

A high calcium score indicates a moderate to high risk of **an adverse event** due to heart disease in the next 5 years.

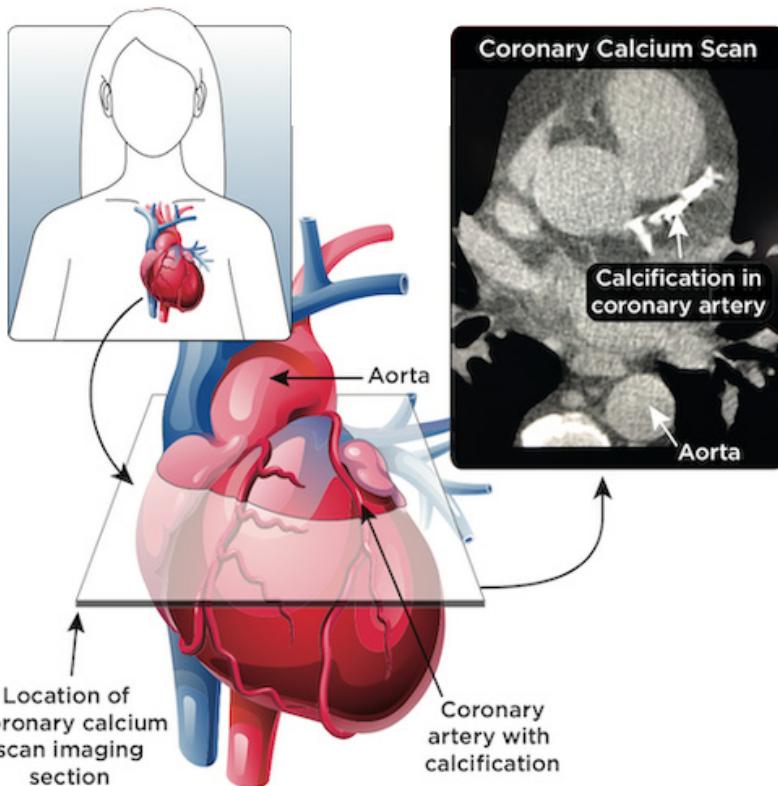


Your calcium score can help you make lifestyle changes needed to prevent heart attack

- It is non invasive test
- There are no any side effects
- It will take only 5 minutes

It's a GOOD IDEA to get this test if you are over 40 and have any of these risk factors :

- Heart disease in your family
- Smoking Habit
- Overweight
- Sedentary Lifestyle
- High LDL Cholesterol
- Low HDL Cholesterol
- High blood Pressure
- Diabetes



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