

Gratitude From the Heart

1. **Health:** What did your body do for you today?

Did you know you take about eight million breaths a year? Your feet can take you up a mountain, your arms can hold someone you love. Take a minute to marvel at the finely tuned machinery of your body.

2. **Eat:** What did you feed your body to nourish yourself today?

Was it an old favorite, something you made, or something new and different? If you eat three meals a day, you'll eat about a thousand meals this year! Take a minute to savor an especially yummy meal.

3. **Activity:** What did you do that brought you joy today?

Did you give it your all at the gym or take a quiet moment while sitting in traffic to reflect? Take a minute to think back on one particularly awesome moment.

4. **Relationship:** Who do you look forward to seeing?

Is it someone who sets your heart on fire, always has a smile for you, has your back, or makes you laugh until you cry? Take a minute to smile as you think about this special person.

5. **Time:** What are you doing right now?

Every single day you wake up with 24 brand new hours. The past is history, the future is a mystery, and today is a gift. That's why they call it the present! Take a minute to be thankful for the gift of time.

Let's do this, and be Healthy For Good!



MRI/MRA - CT/CTA - ULTRASOUND

DEXA - X-RAY



Advanced Radiology
Columbia Phone: (573) 442-1788
Jefferson City: Phone (573) 636-6262
Osage Beach: (573) 746-7010



*Take control
of your heart health!*



Schedule your exam today

Cardiac Calcium Scoring

Screening

\$105.00

**Heart Disease Remains the Leading
Cause of Death in the United States.**

...American Heart Association

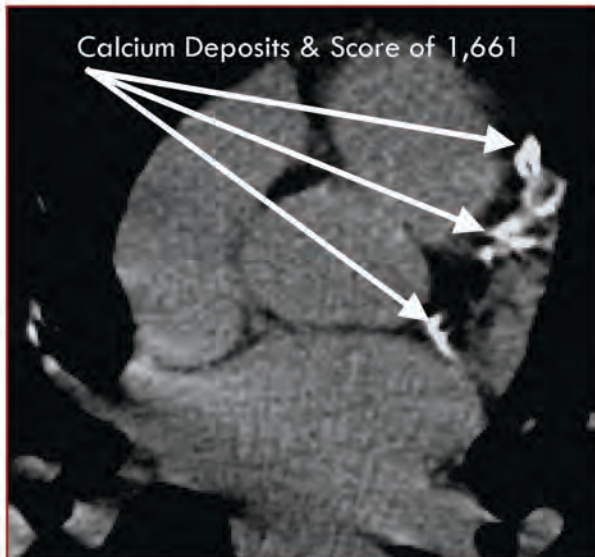
CT Heart Calcium Scoring \$105.00

A CT scan for coronary calcium is a non-invasive way of obtaining information about the presence, location and extent of calcified plaque in the coronary arteries—the vessels that supply oxygen-containing blood to the heart muscle.

Calcified plaque results when there is a build-up of fat and other substances under the inner layer of the artery. This material can calcify which signals the presence of atherosclerosis, a disease of the vessel wall, also called coronary artery disease (CAD). The findings on cardiac CT are expressed as a calcium score. A score of 1-10 indicates minimal evidence while a score over 400 indicates extensive evidence of CAD.

CT for calcium scoring is a convenient and noninvasive way of evaluating whether you may be at increased risk for a heart attack.

* The image below depicts a high score which indicates severe CAD



How to Prepare

This is a simple, pain free, no needles, no dye exam. **Please avoid, caffeine, sugar and exercise before your exam.**

Your scan will be performed on the Canon Lightening Aquilion or Hitachi Supria CT scanner. The images are high resolution and life-like. It's like taking a tour of the inside of the heart without ever physically going inside.

Wear comfortable clothing. You will lie on on the CT table. Electrodes similar to an EKG will be attached to your chest. The table will slide into the CT scanner. You will be asked to hold your breath for a few seconds allowing the technologist to get clear images of your heart. In some cases, you may be given medicine to slow your heart rate down. The scanner is taking pictures in between heart beats. This is why the slower your heart rate, the better the pictures * see findings on the page to the left.

The major risk factors for CAD are:

- Abnormally high blood cholesterol levels
- A strong family history of heart disease
- Diabetes
- High blood pressure
- Cigarette smoking
- Being overweight or obese
- Being physically inactive



Your exam is interpreted by one of
six board-certified
subspecialized radiologists

Alan Hillard, MD
Neal Meyer, MD
Mark Monroe, MD
Lance Faler, MD
Michael Butterfield, MD
Sam Ashraf, DO