



#### WHO SHOULD HAVE A CORONARY ARTERY CALCIUM SCORING TEST?

Even if you do not have symptoms of heart disease, a SMIL Coronary Artery Calcium Scoring test is recommended for men over 45 and women over 55 who may be at risk for the disease.

Risk factors include:

- :: High blood pressure
- :: High blood cholesterol levels
- :: A family history of heart disease
- :: Overweight or obese
- :: Diabetes or a family history of diabetes
- :: Cigarette smoking
- :: Physical inactivity

So if you are in the above age range and have any of these risk factors, a SMIL Coronary Artery Calcium Scoring test can give you and your physician some valuable information on your heart health.

**Early detection is the best protection.**

Find out your  
Coronary Artery  
Calcium Score for just **\$99\***

*Take action now to help prevent serious heart disease later. See your physician to discuss a SMIL Coronary Artery Calcium Scoring test for you.*

To learn more, log on to [www.esmil.com](http://www.esmil.com)

To schedule an appointment, call **480.425.5000**

*\*A physician referral is required prior to scheduling this exam.*

References : ACCF/AHA 2007 Clinical expert consensus document on coronary artery calcium scoring by computed tomography in global cardiovascular risk assessment and in evaluation of patients with chest pain. Circulation 2007; 115:402-426.

:: What's your coronary artery calcium score?

Our fast, easy test will tell you



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:: A SMIL Coronary Artery Calcium Scoring test is a fast, easy, noninvasive and painless way to get important coronary health information.

A SMIL Coronary Artery Calcium Scoring test is a proven, reliable test that measures the amount of atherosclerotic “plaque” in the coronary arteries. Plaque is the substance that builds within the walls of the arteries and causes a heart attack if the arteries become blocked. Used with other information, your calcium score is a reliable predictor that you may or may not have a coronary health issue in the near future.

The important information provided by your SMIL Coronary Artery Calcium Scoring test cannot necessarily be used to positively conclude that you are at “high risk” for or completely free of coronary artery disease; the latter is true because some coronary artery atherosclerotic plaque is not calcified and may only be detectable with other tests, such as computed tomography CT angiography. However, coronary artery calcium scanning can indicate whether you have a high calcium score compared to others with the same age, gender, and race/ethnicity. This information helps your doctor create a more informed treatment plan for you.

#### A TEST SO EASY, YOU CAN DO IT ON YOUR LUNCH HOUR

To determine your coronary artery calcium “score” all you have to do is lay flat on our state-of-the-art CT scanner table and hold your breath for a matter of seconds. The CT scan is synchronized in rhythm with your heartbeat to freeze cardiac motion and allows SMIL physicians to clearly see any coronary calcium in your arteries. Next, our computer calculates the total amount of calcium present and reports the value as a “score.”

No special preparations are required for a SMIL Coronary Artery Calcium Scoring test, which takes



just seconds. Best of all, you can resume normal activities immediately.

#### WHAT DOES THE CALCIUM SCORE TELL YOU AND YOUR PHYSICIAN?

When your test is taken, your results will show as a score. Score interpretations for asymptomatic patients are:

**0:** No detectable plaque is present. This score indicates that your risk of heart attack or coronary artery disease-related death is less than 1% over the next 3-5 years.

**1-10:** You have a small amount of plaque and you have less than a 10% chance of having heart disease. Even though your risk of a heart attack is low, you may want to quit smoking, improve your diet, and exercise more.

**11-100:** Plaque is present and you may have mild heart disease. Scores in this range are considered “average risk,” and are associated with a risk of heart attack or coronary artery disease-related death of approximately 2 times people with no detectable coronary artery calcium. If your score falls in this range, it is recommended that you follow-up with your physician to initiate lifestyle changes that can reduce your chances of a heart attack.

**101-400:** You have a moderate amount of plaque, which indicates heart disease, and plaque may be blocking an artery. Patients with coronary artery calcium scores in this range have approximately four-fold greater risk of heart attack or coronary artery disease-related death compared with patients with no detectable coronary artery calcium. With this score, it may be recommended that you participate in further testing and/or begin treatment for risk factors such as high blood pressure or high cholesterol.

**Over 400:** Patients with coronary artery calcium scores between 400-1000 have a risk of heart attack or coronary artery disease-related death as much as 4.6 times greater than patients with no detectable coronary calcification, whereas such risk is more than 10-fold greater for patients with coronary artery calcium scores greater than 1000. With such scores, you should consult your physician immediately to begin treatment and consider further testing.

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Calcium Score for just **\$99\***

*\*The calcium score test requires a physician referral*

**See your Physician today!**

For more information, visit [www.esmil.com](http://www.esmil.com) or to schedule an appointment call **480.425.5000** today.