

good for your heart

PREVENTION & EARLY DETECTION OF HEART DISEASE

Think you know your risk for Coronary Heart Disease? Think again.

There's a new non-invasive test for Coronary Heart Disease that reveals risk earlier, with greater sensitivity. That gives you the upper hand. It's called **Coronary Calcium Scoring**. The diagnostic uses safe, fast, non-invasive CT scan technology and it only takes an hour to do.

Bon Secours Heart and Vascular Institute and the Early Detection Center is pleased to offer Calcium Scoring to Chesapeake Public Schools employees. CPS will underwrite each diagnostic performed so that it can be offered to you at a very low cost. Note: results are confidential. Your scoring results are not shared with anyone-not even your doctor-without your expressed consent.

What is a Heart Scan?

Using CT technology, a heart scan looks for arterial blockages caused by calcium buildup. The result is the coronary calcium score, ranging from 0 to above 400. Based on your score, you and your doctor can tailor lifestyle recommendations and treatment to lower your risk of a heart attack. It gives your doctor information that neither a stress test, family history, nor other screenings can.



Who is Eligible for Calcium Scoring?

This is not for everyone. It is recommended for those at risk of developing heart disease who don't yet have symptoms. To qualify, you must be a man age 40+ or a woman 50+ with one or more of the following risk factors:

- Family history of heart disease and/or stroke
- History of high blood pressure, high cholesterol and/or stroke
- Diabetic (eligible at 35+ years)
- History of smoking or exposure to secondhand smoke
- Overweight
- Inactive lifestyle
- High stress levels



What Should I Expect?

The total appointment takes just an hour. There is no special preparation, injections or IVs. You simply lie down, fully clothed. The scan lasts only a few minutes. Each Heart Scan will include assessment, including blood pressure and cholesterol screens, with health coaching by a cardiac health specialist, and test interpretation by a cardiologist.

A cardiologist experienced in CT imaging will analyze your scans and send a report to you, and with your approval, to your doctor. If your report shows you are at risk, our cardiologist and your primary care physician can determine the next steps to help you.

A Special Offer

Chesapeake Public Schools has underwritten the cost of the diagnostic so that it may be offered to you for **only \$29**.

- Please be prepared to pay by cash, check, money order, debit or credit card at the time of your appointment.
- Calcium scoring is not covered by your health benefit. It is an advanced diagnostic that is self-paid.
- Please identify yourself as a Chesapeake Public Schools employee when you make your appointment so that you are only charged **\$29**. If you do not identify yourself as a CPS employee, you will be charged \$79.
- It is offered at two Bon Secours diagnostic locations, at Maryview Medical Center in Portsmouth, and, at Harbourview in north Suffolk.
- This offer is valid for screens performed through December 31, 2011.
- Heart scans results are shared with your physician at no additional expense, but only with your consent.

Call (757) 398-4760 to schedule your appointment today