# CT Cardiac Calcium Scoring

## Delivering Insights That Guide Care

CT Cardiac Calcium Scoring is a noninvasive, advanced way to detect heart disease early. The scan identifies calcium buildup (plaque) in your coronary arteries–often before any symptoms appear.

At Iowa Radiology, imaging is only the beginning. We provide insights that help you and your provider understand your heart health today, so you can take steps to protect it for the future.

## Why Get a Calcium Score?

- Detect heart disease before it causes symptoms.
- Assess your heart health risk quickly and painlessly.
- Gain valuable insight to guide prevention or treatment.

Every 29 seconds, an American has a heart attack. Half of those who die from heart disease had no warning signs. Early detection can make all the difference.

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## What to Expect

A CT Cardiac Calcium Score is quick, easy, and noninvasive–no fasting, injections, or medication changes required.

**Before your scan:** Avoid caffeine and nicotine for about four hours.

**During your scan:** Lie comfortably on your back for about ten minutes while the CT scanner captures detailed images of your heart.

**How it works:** Small ECG patches on your chest help time the images with your heartbeat.

**Comfort & safety:** The scan is painless and uses only a minimal amount of radiation.

Your images are interpreted by Iowa Radiology's experienced radiologists, and results are sent directly to your doctor for review and next steps in prevention or care.

## Take the First Step Toward Prevention

Talk to your doctor about a referral for a CT Cardiac Calcium Score and gain peace of mind knowing you're protecting your heart health.

**LOCATIONS**

3625 N Ankeny Blvd, Ste H, Ankeny, IA 50023
1221 Pleasant St, Ste 350, Des Moines, IA 50309
12368 Stratford Dr, Ste 300, Clive, IA 50325
2515 Grand Prairie Pkwy, 2nd Floor, Waukee, IA 50263

**HOURS**

Monday – Friday: 8 AM – 5 PM
Saturday appointments available.

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