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Is your Heart giving you the Panic Signals, Find out with the Help of a Coronary Calcium Scan? by [NewYorkCardiacCenter](#)

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Heart disease is one of the leading killers in the United States today. There are numerous reasons that contribute to the development of a heart disease that may differ in various cases. Coronary heart disease is the common cardiovascular disease reported that is due to the building of plaque in the arteries of the heart. Calcium is an important component that may build up on this plaque is generally verified with the help of coronary calcium scan.

The section below helps to clear the various aspects of this scan

Why is the coronary artery calcium scan done on an individual?

The coronary calcium scan is carried out on an individual in cases where there are risk factors associated with heart disease. It can be also done for those at medium risk i.e. of 10%-20% risk of developing a heart condition in the future. It is generally conducted for those with a family history of heart disease, hypertension, obesity, smoking, diabetes and to women after menopause, men above 40 years of age and young people showing abnormal symptoms.

How is this scan performed?

This scan is usually carried out as a type of CT scan. This involves small discs placed on the chest of an individual with wires that are connected to the EKG machine that measures the electrical impulses of the heart. When the heartbeat stabilizes, the CT scan is performed on the patient. The patient slides in to the CT scanner that is a large doughnut shaped machine where the patient has to hold his/her breath for 20-30 seconds when the pictures are taken. A typical test takes around 5-10 minutes.

What are the normal calcium scores in an Individual?

In most cases, the cardiologists have a candid discussion with an individual once the test results are out. The coronary calcium scan of an individual can score can vary in a wide range and is rated according to the patients age. The risk of developing a heart disease is proportional to the score. This means the higher the score, the higher is the risk of an individual of developing heart disease.

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