



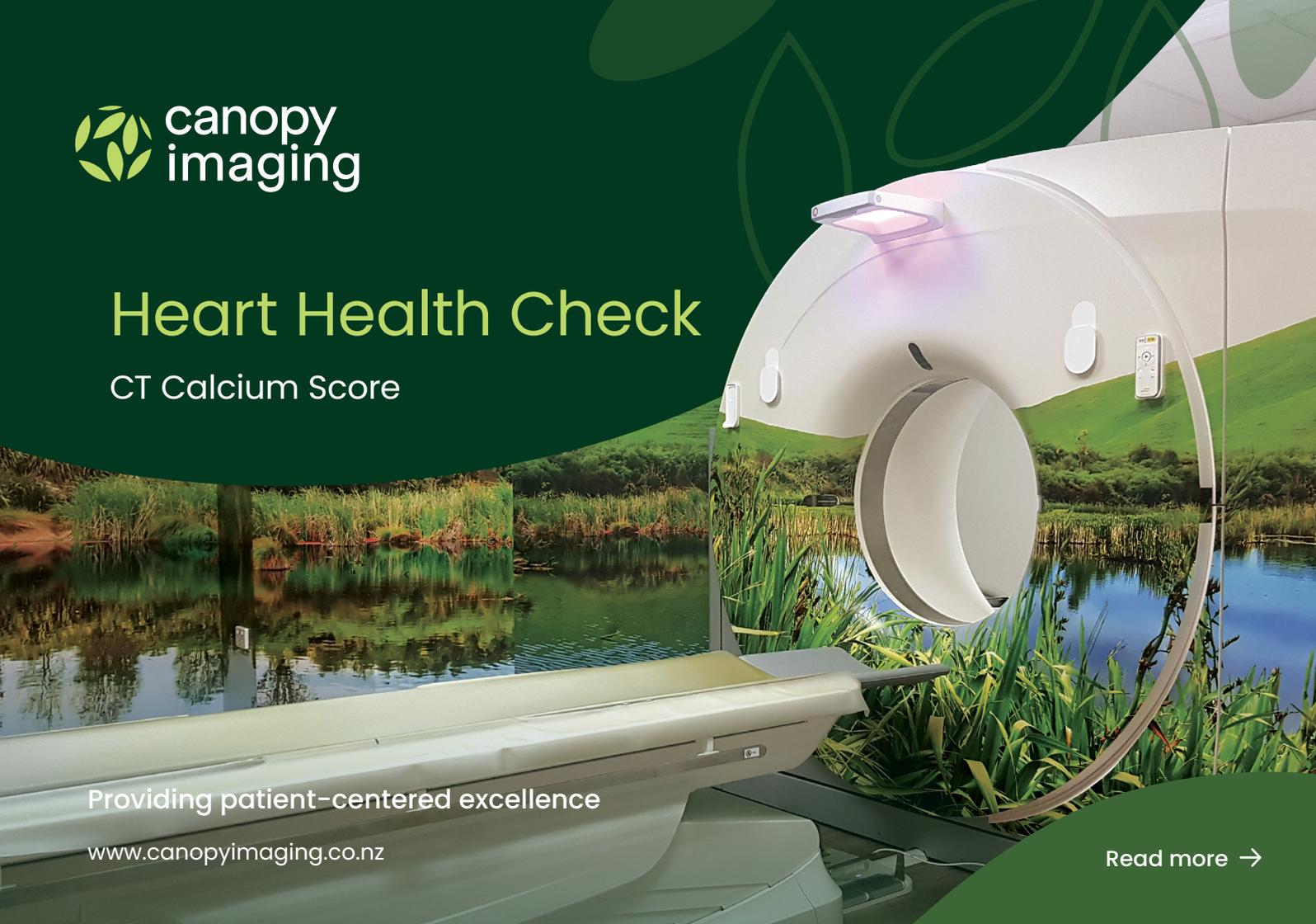
# Heart Health Check

CT Calcium Score

Providing patient-centered excellence

[www.canopyimaging.co.nz](http://www.canopyimaging.co.nz)

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## What is a **CT Calcium Score**?

A CT Calcium Score is a quick, non-invasive scan that measures the amount of calcium buildup in your heart's arteries. This calcium is a sign of atherosclerosis, or hardening of the arteries, which increases your risk of a heart attack.

## Why is a **CT Calcium Score** important?

Heart disease is the leading cause of death in New Zealand and worldwide. Many people at risk may feel fine but could still have silent signs of coronary artery disease. A CT Calcium Score helps detect heart disease early so you can take action before symptoms appear. For many people, a CT Calcium Score is a better predictor of your risk of having a cardiac event than just taking your medical history and blood test results into account.

## Who should have a CT Calcium Score?

A CT Calcium Score is recommended for **patients without symptoms (asymptomatic)** who may be at increased heart disease risk, especially if you:

- Are **45 years or older** (males) or **50 years or older** (females)
- Have a family **history of heart disease**
- Have **high cholesterol**
- Have **high blood pressure**
- Are a **smoker** or have a history of smoking
- Have **diabetes** (especially between ages 40–60 without advanced kidney disease)
- Are **overweight or have an unhealthy diet**
- Have been told you are at **moderate risk** based on a heart health assessment

## What to expect during the scan

Our expert CT team will prepare you to ensure the best results.

The CT Calcium Score scan is simple, fast, and does not require any injections or contrast. You will lie on a scanning table, and a low-dose CT scanner will take images of your heart in just a few minutes. The results are then analysed by one of our specialists, and a calcium score is provided. We may also provide you with an adjusted risk of a coronary event.

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This test is **not** recommended for some people, ask your GP if a CT Calcium Score is right for you.

## Your calcium score helps determine your level of risk:

- 0** Very low risk: your heart arteries are clear
- 1-100** Low risk: mild plaque buildup
- 101-400** Moderate risk: significant plaque buildup
- >400** High risk: requires further assessment and management

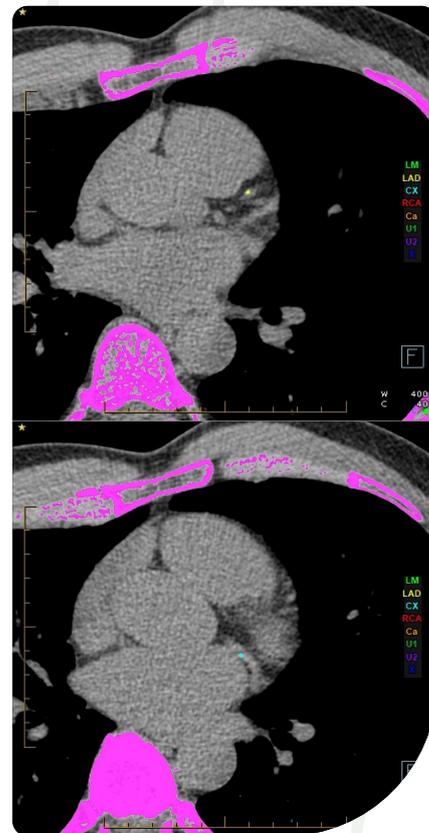
The higher your score, the higher your risk of a heart attack or other heart-related event.

Talk to your GP or specialist to find out if a CT Calcium Score is right for you. A referral is required to book.

Once you have a referral, visit [www.canopyimaging.co.nz](http://www.canopyimaging.co.nz) to make your appointment.

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\*Some health insurance policies cover CT Calcium Score, check with your provider.



## Heart health check

### A simple scan could save your life

When it comes to your heart, early detection of potential issues is key. One of the most effective ways to assess your heart health is through a CT Calcium Score, a quick and non-invasive scan that can provide crucial insights into your risk of heart disease.





Providing patient-centered excellence

CT Calcium score available at Canopy Imaging  
clinics in the following regions.

- Northland • Auckland • Hawkes Bay • Taranaki • Manawatu

Visit our website to book  
[www.canopyimaging.co.nz](http://www.canopyimaging.co.nz)