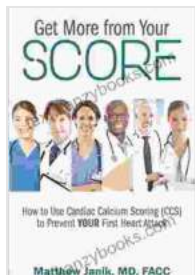


Prevent Your First Heart Attack: Unlock the Power of Cardiac Calcium Scoring (CCS)



Get More from Your Score: How to Prevent YOUR First Heart Attack Using Cardiac Calcium Scoring (CCS)

by Matthew Janik

★★★★★ 5 out of 5

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Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 101 pages
Lending : Enabled



Heart attacks are a leading cause of death worldwide. But what if there was a way to predict your risk of a heart attack before it happens? Cardiac Calcium Scoring (CCS) is a cutting-edge technology that can do just that.

What is Cardiac Calcium Scoring (CCS)?

CCS is a non-invasive imaging test that measures the amount of calcium in the arteries of your heart. Calcium is a natural substance found in bones, but it can also accumulate in the walls of arteries over time. This buildup of calcium, known as plaque, can narrow the arteries and restrict blood flow, increasing your risk of a heart attack.

CCS uses a CT scanner to take detailed images of your heart. These images are then analyzed to calculate the amount of calcium present in your arteries. A higher calcium score indicates a higher risk of heart attack.

How Can CCS Prevent a Heart Attack?

CCS is a powerful tool for preventing heart attacks because it allows you to identify your risk early on. If your CCS score is high, your doctor can recommend lifestyle changes and medications to reduce your risk of a heart attack. These changes may include:

- Losing weight
- Quitting smoking
- Eating a healthy diet
- Exercising regularly
- Taking medications to lower cholesterol or blood pressure

By making these changes, you can significantly reduce your risk of a heart attack. CCS is a simple, non-invasive test that can save your life.

Who Should Get a CCS Test?

CCS is recommended for people who are at high risk of developing heart disease. This includes people who have:

- A family history of heart disease
- High blood pressure
- High cholesterol

- Obesity
- Diabetes
- Smokers

If you have any of these risk factors, talk to your doctor about getting a CCS test.

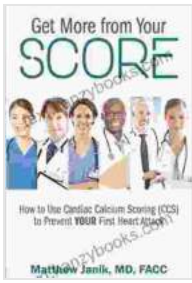
The Benefits of CCS

CCS has a number of benefits, including:

- **It can help you identify your risk of heart attack early on.** This allows you to make lifestyle changes and take medications to reduce your risk.
- **CCS is non-invasive and painless.** The test takes only a few minutes to complete.
- **CCS is widely available.** It is offered at most hospitals and imaging centers.
- **CCS is relatively inexpensive.** The cost of the test is typically covered by insurance.

CCS is a powerful tool for preventing heart attacks. If you are at high risk of developing heart disease, talk to your doctor about getting a CCS test. It could save your life.

For more information about CCS, visit the American Heart Association website.



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