

## Wellness Imaging Guidelines

<b>Carotid/Peripheral Vascular Screen</b>  <b>Carotid Vascular Screen</b> - This ultrasound scan of the carotid arteries in the neck can reveal plaque buildup and potential blockages, the #1 cause of stroke.  <b>Peripheral Vascular Screen</b> - This scan screens for plaque buildup in the lower extremities that can indicate an increased risk for peripheral and coronary heart disease.	<p><i>The following are risks for stroke and/or peripheral vascular disease.</i></p> <p>If you check <b>YES</b> for <b>two (2) or more</b> of the risk factors below, you may be a <b>candidate for a Carotid Artery Vascular Screen</b> and/or a <b>Peripheral Vascular Screen</b>.</p> <p><b>KNOW YOUR RISK FACTORS:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Do you have high blood pressure or do you take medication for high blood pressure?</li><li><input type="checkbox"/> Do you smoke or have a long history of smoking?</li><li><input type="checkbox"/> Do you have an irregular heartbeat?</li><li><input type="checkbox"/> Do you have high cholesterol or do you take medication for high cholesterol?</li><li><input type="checkbox"/> Is there an immediate family history of stroke or heart disease? (Mother, father, siblings, children)</li><li><input type="checkbox"/> Do you exercise less than three times per week for 20-30 minutes at a time?</li><li><input type="checkbox"/> Do you eat a diet high in saturated and/or animal fat?</li><li><input type="checkbox"/> Are you over 55 years of age?</li><li><input type="checkbox"/> Are you male?</li></ul>
<b>Abdominal Aortic Vascular Screen</b> - This quick procedure screens for enlargement of aneurysm in the abdominal aorta that could lead to a ruptured aortic artery.	<p><i>The following are risk factors for an abdominal aortic aneurysm.</i></p> <p>If you check <b>YES</b> for <b>one (1) or more</b> of the risk factors below, you may be a <b>candidate for an Abdominal Aortic Vascular Screen</b>.</p> <p><b>KNOW YOUR RISK FACTORS:</b></p> <ul style="list-style-type: none"><li><input type="checkbox"/> Are you a male over 55 years of age?</li><li><input type="checkbox"/> Do you have diabetes?</li><li><input type="checkbox"/> Do you have pre-existing heart disease?</li><li><input type="checkbox"/> Is there a family history of abdominal aortic aneurysms?</li><li><input type="checkbox"/> Do you have high blood pressure or do you take medication for high blood pressure?</li><li><input type="checkbox"/> Do you have hardening of the arteries?</li><li><input type="checkbox"/> Do you smoke?</li><li><input type="checkbox"/> Are you more than 30 pounds overweight?</li></ul>

## **Coronary Artery Calcium Scoring (CACS)**

CACS uses noninvasive, high-speed computerized tomography (CT) to scan the heart and detect calcium deposits along the walls of the arteries. The test then produces a calcium score that identifies the level of deposits and assists your doctor to measure your risk for heart disease.

*The following factors may increase your risk for heart disease and ultimately, a heart attack.*

If you answer **YES to two or more** of the questions below, you may be at risk for heart disease. **Coronary Artery Calcium Scoring** may be a good next step in assessing your risk.

### **KNOW YOUR RISK FACTORS:**

- Are you a male and over the age of 45?
- Are you a female and over the age of 55, OR have you gone through menopause OR have you had your ovaries removed and are not taking estrogen?
- Did your father or brother have a heart attack before the age of 55 OR has your mother or sister had one before the age of 65?
- Do you smoke OR do you live/work with someone who smokes regularly?
- Do you have a cholesterol level of 240 mg/dL or higher?
- Have you been told your blood pressure is high?
- Do you exercise less than three times per week for 20-30 minutes at a time?
- Are you 20 pounds or more overweight?
- Do you have diabetes OR do you need medicine to control your blood sugar?

## **CT Coronary Angiography (CTA)**

The Coronary CTA (which includes the Coronary Artery Calcium Scoring) is one of the most accurate imaging techniques available for detecting soft plaque in the coronary arteries (a major cause of heart attacks). In most cases a CTA can visualize soft plaque, which is invisible during an EKG, cardiac stress test, calcium scoring or even a cardiac cath. It also gives a precise picture of how the blood is flowing through the arteries and whether there are any restrictions in blood flow. This test can detect the earliest stages of heart disease preventing future heart attacks and decreasing risks. CTA also reduces the need for costly more invasive procedures.

*The following factors may increase your risk for heart disease and ultimately, a heart attack.*

If you have a **Coronary Artery Calcium Score of > 100** OR if you answer **YES to two or more** of the questions below, you may be at risk for heart disease. **CT Coronary Angiography** may be a good next step in assessing your risk.

### **KNOW YOUR RISK FACTORS:**

- Are you a male and over the age of 45?
- Are you a female and over the age of 55, OR have you gone through menopause OR have you had your ovaries removed and are not taking estrogen?
- Did your father or brother have a heart attack before the age of 55 OR has your mother or sister had one before the age of 65?
- Do you smoke OR do you live/work with someone who smokes regularly?
- Do you have a cholesterol level of 240 mg/dL or higher?
- Have you been told your blood pressure is high?

	<ul style="list-style-type: none"> <li><input type="checkbox"/> Do you exercise less than three times per week for 20-30 minutes at a time?</li> <li><input type="checkbox"/> Are you 20 pounds or more overweight?</li> <li><input type="checkbox"/> Do you have diabetes OR do you need medicine to control your blood sugar?</li> </ul>
<b>Virtual Colonoscopy</b> - Uses a CT scanner to produce 3 dimensional picture of the colon as a screening tool for abnormalities.	<p><b><i>The following factors may increase the risk of colon cancer.</i></b></p> <p>If you answer <b>YES</b> to any of the questions below, you may be at risk for colorectal cancer and a <b>candidate for a virtual colonoscopy</b>.</p> <p><b>KNOW YOUR RISK FACTORS:</b></p> <p><b>INCREASED RISK</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Do you have a close family member (parent, sibling, child) with colorectal cancer or adenomatous polyps?</li> <li><input type="checkbox"/> Do you have a personal history of colorectal cancer or adenomatous polyps?</li> </ul> <p><b>HIGH RISK</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Do you have family history of adenomatous polyposis or heredity non-polyposis colorectal cancer (a tumor from something other than a polyp)?</li> <li><input type="checkbox"/> Do you have chronic inflammatory bowel disease including ulcerative colitis or Crohn's disease?</li> </ul> <p><b>OTHER RISK FACTORS</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Age: Risk increases after age 50.</li> <li><input type="checkbox"/> Diet: Diets high in fat from animal sources, including red meat.</li> <li><input type="checkbox"/> Physical activity: Non-active people have a higher risk of developing colorectal cancer.</li> </ul>