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Fortis Escorts Heart Institute recommends â??Calcium Scoring Testâ?? to predetermine heart attack susceptibility

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The test enables a direct visualisation of the amount of calcium deposits in coronary arteries



Doctors at Fortis Escorts Heart Institute are emphasising the importance of the ‘Calcium Scoring Test’ – a simple test which detects the risk of future heart attacks. Through the test, the amount of calcium in the coronary artery is determined via a specialised CT imaging – confirming the total area being occupied in the coronary artery by the calcium deposits and their density.

The test enables a direct visualisation of the amount of calcium deposits in coronary arteries. A zero score means no calcium is seen, suggesting a low probability of heart attack during next decades. Higher the score, higher is the risk of a heart disease. A score of 100-300 means moderate risk, and a score higher than 400 may be an indicator of blockage in the coronary artery.

Dr Ashok Seth, Chairman - Fortis Escorts Heart Institute said, “Calcium scoring is a newer method to predict the risk of heart attack in future and the purpose of detecting calcium in arteries is to customise the lifestyle and reduce this risk.”

Dr Peeyush Jain, Director, Non- Interventional Cardiology and HOD - Preventive Health Check, Fortis Escorts Heart Institute, said, “It is painless, safe and carries low risk of side effects. Calcium scoring is a new method to fine-tune the risk and to devise methods to prevent further progression of blockages of arteries.”

Dr Mona Bhatia, Director & HOD - Radiology, Fortis Escorts Heart Institute, said, “Calcium Scoring is now incorporated in the guidelines globally to enhance the risk assessment and treatment. This scan is useful for the patient who is thought to have an uncertain risk for heart disease. It also motivates a lot of people with moderate heart disease risk to make lifestyle changes for the better.”