



Ca Score (CAC) of the Coronary Arteries

What is Ca score of the coronaries (CAC)?

It is a test that measures the amount of coronary artery calcium (CAC), deposited within the abnormal plaques caused by damage to the lining of the arteries.

How does the Ca score test help?

By measuring the CAC in the coronary arteries, the Ca score test can assess the risk of coronary artery disease (CAD).

- When the test picks up calcified (hard) plaques (the tip of the iceberg), it implies that there are also non-calcified soft plaques in the coronary arteries, which are the ones that are more likely to rupture and cause sudden catastrophic events.
- A positive Ca score test implies that there is CAD that needs attention.

How is the test done?

The actual scan takes a minute. The entire process from entry to exit takes about 15 minutes. There is no preparation, fasting, radiation risk or contrast injection.

What is its strength?

Ca score test is the single best risk predictor CAD currently available, better than all other tests for risk prediction.

- Ca score of 0 means that the chance of CAD is almost nil.
- The higher the Ca score (Fig. 1), the more is the chance of a cardiac event in the next 5-10 years.

What happens if we have a positive / high Ca score?

The four pillars of prevention are sensible eating, exercises, statins and aspirin.

Depending on the amount of Ca score, measures have to be taken to reduce risk and to stabilize the plaques in the coronary arteries with a combination of these four pillars. The table below is a set of guidelines that gives an indication of how CAC helps in deciding preventive measures.

Management Recommendation (based on the Expert Consensus Statement of the Society of Cardiovascular Computed Tomography 2016)**

Score	Risk	Treatment Recommendation
0	very low	statin not recommended
1-99	mildly increased	Moderate intensity statin if <75% Moderate to high intensity statin if >75%
100-299	moderately increased	moderate to high intensity statin + ASA* 81 mg
>300	moderate to severely increased	High intensity statin + ASA 81 mg

*ASA – acetylsalicylic acid – aspirin

**This is a general recommendation that should be discussed with the physician in detail before starting medication
Lifestyle modification with diet and exercise are a must to complement the medication



How often should the test be repeated?

Once in 3 years, if positive and once in 5 years if the score is 0.

What does it cost?

Rs. 5,000 with appointment from Monday to Friday

Rs. 3,500 without appointment from 8 AM to 10 AM on Saturday

Watch this YouTube Video for more information

<http://bit.ly/heartkyc>

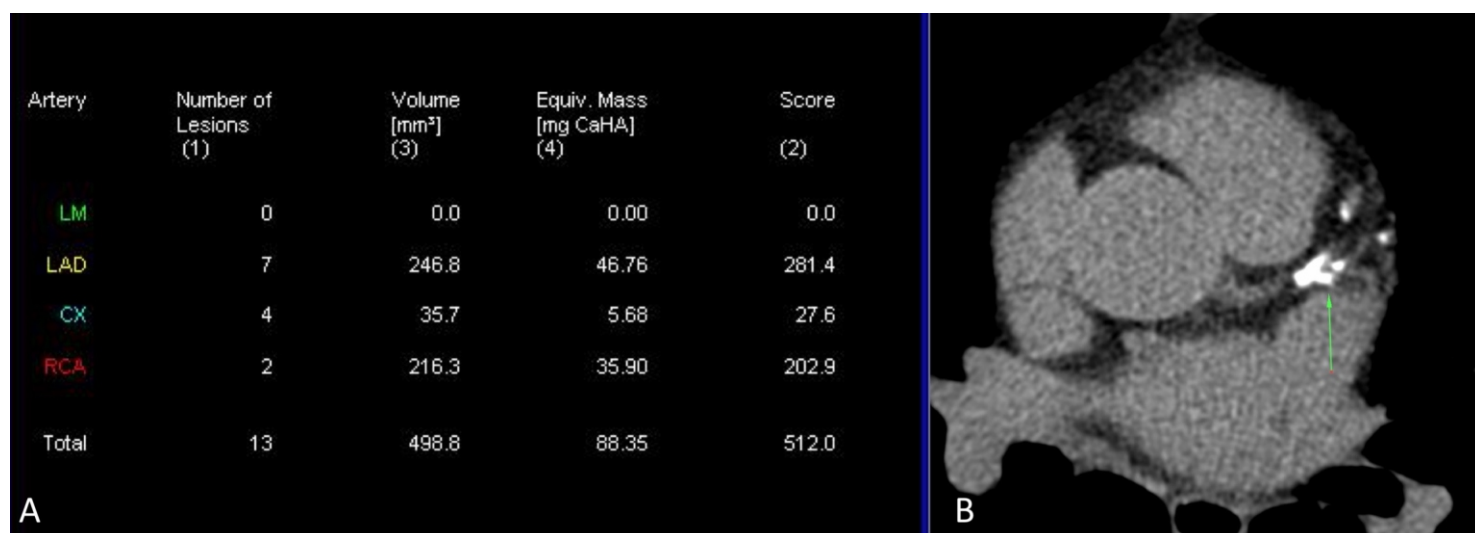


Fig 1 (A,B). Ca score. A typical Ca score > 0 (A) and the result (B) that tabulates the total score and the score per vessel.

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Main Clinic

383 | Bhaveshwar Vihar | Sardar V. P. Road | Prarthana Samaj | Charni Road | Mumbai 400 004 | T: 022 66173333

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Bhaveshwar Vihar, 383, S.V.P. Road, Prarthana Samaj, Charni Road, Mumbai 400 004.