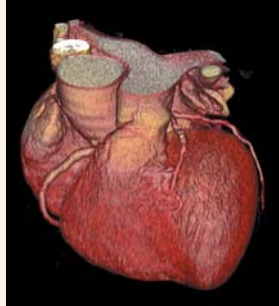


## The facts about computerized tomography (CT) and heart scans

- A computerized tomography (CT) scan is a valuable diagnostic medical tool combining X-rays and computer images.
- CT scans have been used successfully in diagnostic medicine for almost 30 years.
- CT scans are non-invasive, meaning that there is no penetration of the body, either by injection or incision.
- CT scans can be put together in a computer imaging program that shows a three-dimensional image of the heart for in-depth clinical evaluations.



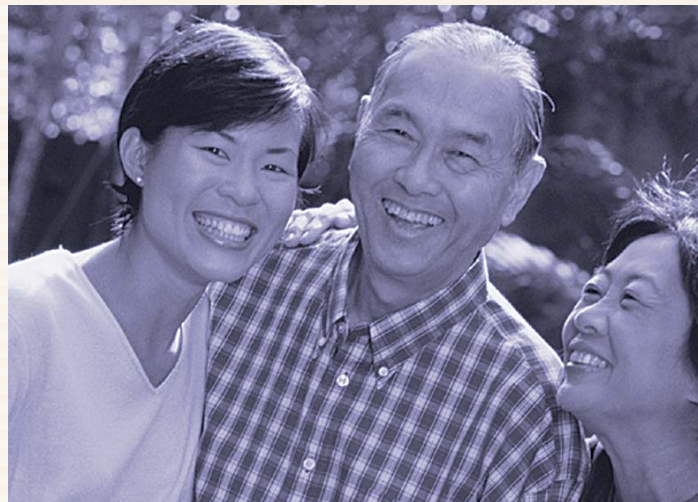
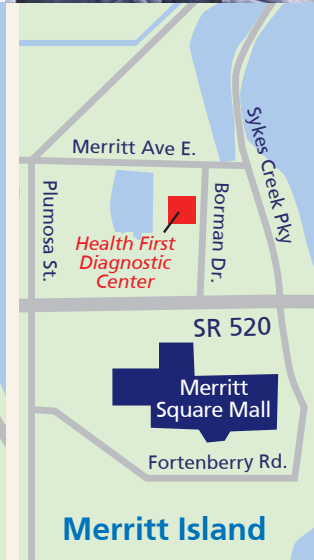
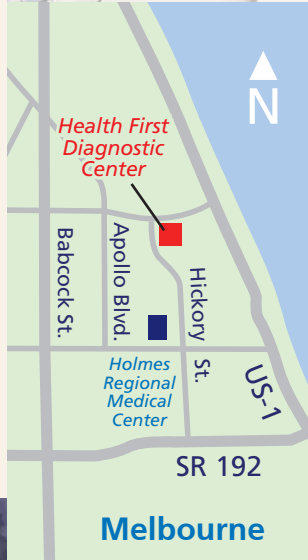
Your PHS exam will be a big comfort to your family, too. Since a PHS exam is quick and easy, both you and your family — as well as your doctor — will get the answers you're looking for.



## Scheduling and payment

Payment for this safe, revolutionary heart diagnostic test is required at the time of service since it's not covered by most insurances. For more information or exams scheduling, contact the Health First Diagnostic Center:

- Melbourne / call 321.434.7100, or 321.434.7143 to schedule appointments
- Merritt Island / call 321.434.5840, or 321.799.7164 to schedule appointments



**Health First**

Diagnostic Center

1051 S. Hickory Street  
Melbourne, FL 32901  
321.434.7100

255 Borman Drive  
Merritt Island, FL 32953  
321.434.5840

[www.health-first.org](http://www.health-first.org)

**Health First**

Diagnostic Center

What's your risk for having a heart attack?  
Find out with a Preventive Heart Scan



*Together, we're better.*



## The Preventive Heart Scan

Most people who die from a heart attack had no previous symptoms. Knowing the physical condition of your heart could save your life. A quick and easy procedure, the Preventive Heart Scan tests men and women who may be at risk, even though they may be symptom-free.

The Preventive Heart Scan, which is offered at the Health First Diagnostic Center in Melbourne and Merritt Island, uses breakthrough CT technology that's non-invasive and inexpensive. All you're required to do is hold your breath for about 30 seconds while the CT scanner slides over your chest area as you're lying on your back, resting comfortably. You could be just a breath away from breathing easier about your heart health with this heart scan, which provides you and your physician with valuable information about the physical condition of your heart.

## What's a cardiac score?

The CT images provide precise, high-resolution pictures of your heart's vessels. These images are evaluated to measure the calcium and plaque build-up that leads to heart disease. A board-certified radiologist

reviews your test results and a cardiac score report is provided to you and your physician. Early warning signs of heart disease can assist your physician in recommending treatment or lifestyle changes that can slow, stabilize, or even reverse heart disease

## Some facts about heart disease

- Coronary artery disease is the leading cause of death in men and women in the United States.
- Every minute one person in America dies from a heart attack.
- More Americans die of heart disease than all types of cancer combined.
- Thirty percent of men and women in the United States will experience a heart attack during their lives.
- Forty five percent of all heart attacks occur between the ages of 45 and 65.
- Approximately 80 percent of people under age 65 in the United States who died from heart disease did so during their first heart attack.
- More than 50 percent of those who die suddenly from heart disease had no previous symptoms.



- When early coronary artery disease is identified, treatment can be started immediately that can help prevent a possible heart attack.
- A Preventive Heart Scan can provide high-resolution images of a heart's muscles and vessels to identify blockages and plaque buildup that cause heart attacks.
- This new procedure is now available at the Health First Diagnostic Center in Melbourne and Merritt Island.

## Heart disease risk factors

- Age (men age 45 or older, women age 50 or older)
- Family history of heart disease
- History of smoking
- High blood pressure
- High total cholesterol
- Low HDL cholesterol
- High stress levels
- Obesity
- Diabetes
- Sedentary lifestyle
- Atypical chest pain



*A PHS exam is an excellent tool for helping your doctor get the specific information needed to make a well-informed, accurate diagnosis, so he or she can provide you with the very best care.*

