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Lakeway Regional Medical Center to Offer \$49 Heart Score CTs in February for American Heart Month Awareness

LAKEWAY, Texas – February 1, 2016 – Lakeway Regional Medical Center (LRMC), a state-of-the-art medical campus dedicated to the delivery of quality healthcare, today announced that it will offer specially priced \$49 Heart Score CTs from February 1 – February 29 to recognize American Heart Month. Here are some helpful details about this valuable preventative measure to determine the potential risk of a heart attack:

What is a Heart Score CT?

The Heart Score CT is a non-invasive scan of the heart to obtain information about the presence, location and extent of calcified plaque in the coronary arteries – the vessels that supply oxygen-containing blood to your heart muscle. Because calcium is an identifier of coronary artery disease, the amount of calcium identified on the Heart Score CT is a valuable prognostic tool. The goal of the scan is to evaluate whether you may be at increased risk for a heart attack.

How does the Heart Score CT work?

The Heart Score CT is fast, easy and painless. During the test, you will lie flat on your back on the CT table. Then EKG patches, called electrodes, will be attached to your chest and to a machine that records your heart's electrical activity. Next, the table will move slowly through the scanner as the actual CT scanning is performed. You will be asked to hold your breath for 10 to 20 seconds while images are recorded. The entire process is usually completed in less than 10 minutes. Afterward, a radiologist will analyze the images and send an official report to your primary care physician, who will then discuss the results with you.

Who should take the Heart Score CT?

The Heart Score CT is a screening study that may be recommended for patients with risk factors for coronary artery disease but who may have no clinical symptoms. These factors may include:

- Diabetes
- Family history of heart disease

- High blood pressure
- High blood cholesterol levels
- Current smoker
- Overweight or obese

How to I register for a Heart Score CT

To schedule your specially priced Heart Score CT in the month of February, contact LRMC at 512-571-5000. You will be asked to complete a brief Heart Score questionnaire before the test is administered, and you will be given some easy preparation instructions that including refraining from certain medications, caffeine, nicotine and strenuous exercise prior to the CT.

IMPORTANT INFORMATION FOR SELF-REFERRED PATIENTS: In order to have a CT scan of your heart for the Heart Score program, you must meet the following criteria. Otherwise, it will be necessary to obtain an order from your physician:

Males must be between the ages of 40 and 65
Females must be between the ages of 45 and 70

Additionally, self-referred patients must have at least one of the following risk factors:

- Diabetes
- Current Smoker
- Obesity
- Family history of heart disease
- Cholesterol level greater than 160/LDL
- Blood Pressure greater than 140/90

About Lakeway Regional Medical Center,

Lakeway Regional Medical Center (LRMC) is a state-of-the-art medical campus dedicated to the delivery of world-class healthcare. LRMC provides services in emergency medicine, neurosurgery, orthopedics, neurology, cardiology, general surgery, gastroenterology and women's health. For more information about LRMC, visit LakewayRegional.com or call 512-571-5000.

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