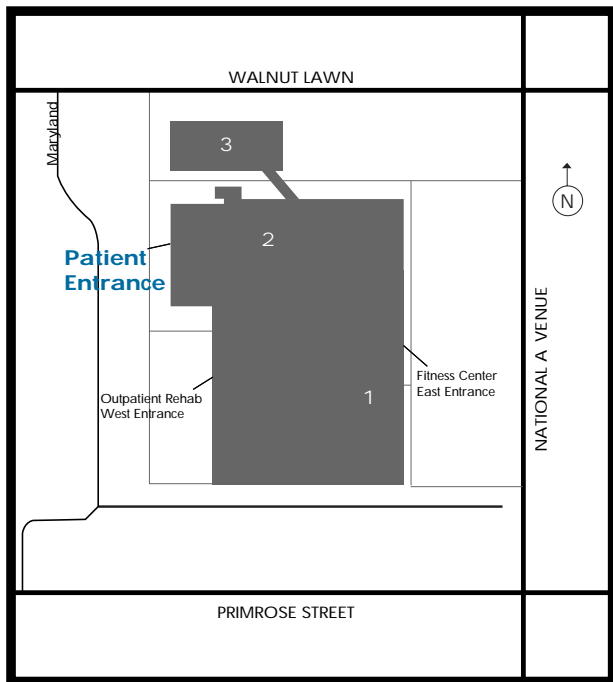


Early Detection Program



1. The Meyer Center
2. Cox Walnut Lawn
3. Medical South Building

Cox Walnut Lawn Department of Radiology

1000 E. Walnut Lawn St.
Springfield, MO 65807

To schedule an appointment, call COX-INFO (269-4636).



How healthy
are your heart
and lungs?



A simple test may
save your life.

www.coxhealth.com



Heart Scan

Our heart scan is a Coronary Artery Calcium Scoring (CACS) exam. This painless, non-invasive procedure uses computed tomography (CT) to take many detailed pictures of your heart. Subtle early warning signs of heart disease can be detected. CACS is the latest diagnostic tool to detect hardening of the coronary arteries. With this information, your doctor can recommend the appropriate treatment plan. Early detection and treatment may lead to increased survival from heart disease.

Risk factors for heart disease

Candidates for CACS are screened to determine that they meet appropriate risk criteria. In order to have this exam you must have one or more of the following:

- family history of heart disease
- age (45 or older for men; 55 or older for women)
- high cholesterol
- history of smoking
- high blood pressure
- high stress lifestyle
- sedentary lifestyle
- diabetes
- being overweight (20 pounds or more).

Heart scans will not be performed for candidates under 40 years of age unless recommended after the radiologist has consulted with your primary care physician.

The exam

- Please allow one hour for your entire appointment.
- Because the exam is most accurate when conducted during lower heart rates, you should avoid caffeine or other stimulants before your appointment.
- When you arrive, you will be asked to register and complete a pre-exam questionnaire.
- The exam itself takes less than 10 minutes. A heart monitor will be placed on your chest so that we can time the exam to your heartbeat. You will be asked to hold your breath for approximately 30 seconds during scanning.
- No IV is used.
- The dose of radiation used in CACS is low.

Early Lung Cancer Detection CT scan

Our early lung cancer detection exam is a specialized CT scan of the lungs. This painless, non-invasive procedure is highly accurate in detecting pulmonary nodules, which *may* represent lung cancer. As with other cancers, detection at the earliest possible stage increases your chances for cure and long-term survival.

Risk factors for lung cancer

Candidates for an early lung cancer detection exam are screened to determine that they meet appropriate risk criteria. In order to have this exam you must be age 40 or older and have one or more of the following risk factors:

- current or former smoker
- personal history of lung cancer
- extensive exposure to second-hand smoke.

Early lung cancer detection scans will not be performed for candidates under 40 years of age unless recommended after the radiologist has consulted with your primary care physician. You must be free of respiratory ailments that could make it difficult to perform the exam and interpret the findings.

The exam

- Please allow one hour for your entire appointment.
- When you arrive, you will be asked to register and complete a pre-exam questionnaire.
- The exam itself takes less than 10 minutes. You will be asked to hold your breath for approximately 25 seconds during the scan.
- No IV is used.
- The dose of radiation is very low.

Cost

Insurance companies do not yet pay for the heart scan or early lung cancer detection exam. The fee of \$400 per exam includes the radiologist's interpretation.

Your results and follow-up

A radiologist will review your exam and discuss it with you before you leave. You will receive a written report with the radiologist's recommendations for follow-up studies or referral to another physician, if necessary (usually covered by insurance). It is your responsibility as a patient to make arrangements for any recommended follow-up care. If you do not have a primary care physician, we are pleased to assist you with a physician referral through the COX-INFO line (269-4636).

To schedule an appointment, call COX-INFO (269-4636).