

## Will you have a heart attack? These tests might tell

*Editor's note: Dr. Sanjay Gupta explores the signs, tests and lifestyle changes that could make cardiac problems a thing of the past on "The Last Heart Attack," Saturday, August 27, 8 and 11 p.m. ET on CNN.*

(CNN) -- Most heart attacks strike with no warning, but doctors now have a clearer picture than ever before of who is most likely to have one, says Dr. Arthur Agatston, a Miami cardiologist and author of the best-selling South Beach diet books.

Agatston says relatively new imaging tests give real-time pictures showing whether plaque is building up in key blood vessels, alerting doctor and patient to an increased risk of a potentially deadly heart attack.

**"Unless you do the imaging, you are really playing Russian roulette with your life," he said.**

Agatston invented one of the imaging tests, **the coronary calcium scan**, which looks at plaque in the arteries leading to the heart. Plaque in these arteries is a red flag for a potential heart attack. (Agatston does not make any money from the coronary calcium scan.)

The other imaging test Agatston recommends is an ultrasound of the carotid artery, looking at plaque in the main blood vessel leading to the brain. Plaque in the carotid artery is a sign of increased risk for a heart attack and stroke.

### **American Heart Association: Learn and live**

Both tests are non-invasive and outpatient, although the calcium scan does expose the patient to the equivalent of several months of normal background radiation.

Dr. Arthur Agatston consults with Judy Willner about her checkup in his Miami office.

One large federally funded study found the coronary calcium score a better predictor of coronary events like a heart attack than the traditional Framingham Risk Score, which considers age, cigarette smoking, blood pressure, total cholesterol and HDL, the "good" cholesterol.

Agatston thinks the coronary calcium scan should be routinely scheduled at age 50, like a colonoscopy, or earlier for people with family histories of heart disease.





inner imaging

Put your trust in the heart scan authority<sup>SM</sup>

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### **The Inner View: For retired members of Law Enforcement the Cost is \$150**

For a comprehensive evaluation of your health, Inner Imaging can provide you with important information about the condition of your heart and lungs, as well as other vital internal organs of the abdomen and pelvis. This thorough imaging test can reveal even minor problems that often cannot be detected by physical examination, EKG, or even a stress test. The Patented Electron Beam Tomography (EBT) Scanner can reveal the presence of coronary artery disease by detecting calcified plaque or atherosclerosis (hardening of the arteries), a key factor in determining your risk of a future heart attack long before any symptoms can occur. This test, which is 10 times more sensitive than a traditional chest X-ray, is also able to detect early stage lung disease when it is curable and can show lung tumors as small as 1mm. It can also detect early stages of emphysema, damage from work related asbestosis exposure, pneumonia, and other infectious and inflammatory conditions.

Inner Imaging utilizes patented Electron Beam Tomography (EBT) technology and requires 10 times less radiation than conventional diagnostic CAT scans. This fast and painless test takes only seconds and you can remain fully clothed. Listed below are some of the conditions that we look for however, it does not replace mammography, colonoscopy, a gynecological or a digital prostate exam.

#### **Conditions of the Heart**

- ✓ Coronary Artery Disease (*Atherosclerosis*)
- ✓ Aortic Aneurysms
- ✓ Calcified Heart Valves
- ✓ Enlarged Heart
- ✓ Fluid on the Heart (*Pericardial Effusion*)
- ✓ Inflammation or Thickening of the Membrane covering of the Heart (*Pericarditis*)
- ✓ Tumors on the Heart
- ✓ Atherosclerosis of the Ascending and Descending Aorta
- ✓ Calcified Lymph Nodes
- ✓ Congenital abnormalities involving the coronary arteries

#### **Conditions of the Lung**

- ✓ Chronic Obstructive Pulmonary Disease (*COPD*)
- ✓ Fluid and or Scarring
- ✓ Emphysema
- ✓ Tumors or Suspicious Masses
- ✓ Lung Nodules
- ✓ Job Related Disorders including; Asbestosis, Sarcoidosis and other contaminate exposure.
- ✓ Enlarged Lymph Glands in the Chest Cavity
- ✓ Pleurisy, Tuberculosis, Pneumonia



**What is Inner Imaging?**

Inner Imaging offers advanced cardiac imaging called Electron Beam Tomography (EBT). Recognized as the Gold Standard in Heart Scanning, EBT is clinically proven to detect coronary artery disease (plaque) long before symptoms occur when it is preventable.

**Radiation?**

The dosage for the EBT Heart Scan is **0.5 millisieverts**. This equals 2 months of radiation from the sun or 5 chest X-Rays or 8 round trip flights to CA. EBT is 8 to 22 times less than conventional Cat Scan (64 Slice).

Our advanced screening tests include:

- Heart Scan
- Lung Scan
- Full Body Scan
- Nuclear Stress Testing

Cost to members of **Law Enforcement**:

EXAM	FEE
Heart & Lung Screening	\$350.00
Heart, Lung, Abdomen and Pelvis (Body Scan)	\$375.00
Nuclear Stress Testing (An insurance covered test)	\$ 15.00 (Co-pay)

**American Heart Association 2007**

Inner Imaging is the only center in New York to provide you with EBT Technology. Recognized by the American Heart Association, the EBT Heart Scan is the most sensitive non-invasive test proven to assess your true risk of future heart attack.

**The Saint Francis Heart Study**

Published in the Journal of the American College of Cardiology July 2005, establishes the prognostic accuracy of EBT to greatly out-weigh that of the Framingham risk factor analysis. This landmark study is the largest randomized, population-based clinical study to date and involves more than 4,000 people representative of the American population.

**Inner Imaging**

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**Inner Imaging**

*Early Detection of  
 Coronary Disease  
 for members of*

**Law  
 Enforcement**

**Why This Test?**

As in other things you do..... If you catch the criminal or the victim early it saves lives. Catching coronary artery disease and lung disease early can save yours.

**Here are some facts about CAD (Coronary Artery Disease)**

- 1,600,000 people will suffer a heart attack this year.
- For 500,000 people the first symptom of heart disease is death.
- One person per minute will die from a heart attack.
- Majority of heart attacks occur in people with normal cholesterol levels.
- 68% of heart attacks occur in arteries that are less than 50% blocked.
- 56% of those who pass their stress test have advanced coronary artery disease that will go undetected.

**What is the best alternative? EBT**

Heart Scanning with Electron Beam Tomography (EBT) can see coronary artery disease (plaque) as much as fifteen years before symptoms occur with an accuracy (sensitivity) of between 98-99%. It can catch it early.

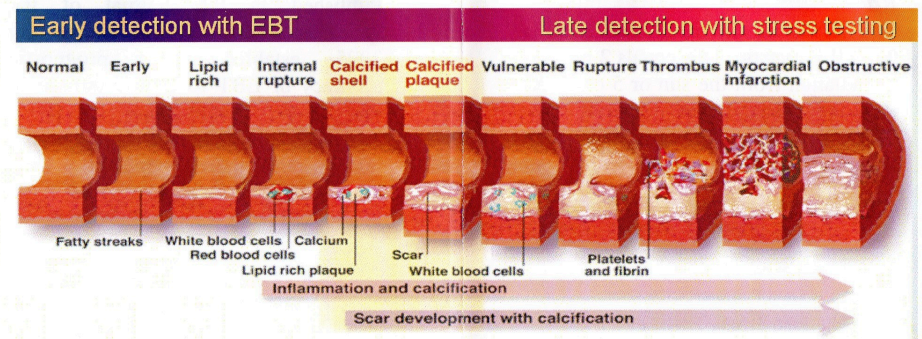
**What is Atherosclerosis?**

Coronary Artery Disease is called "the silent killer" because plaque can build up unknowingly in the arteries surrounding the heart. This condition called atherosclerosis or hardening of the arteries can block needed blood supply to the heart muscle. These plaques can also unexpectedly rupture causing a sudden heart attack.

**Heart Scan Results**

The results of this quick and easy Heart Scan provide you and your doctor with information that could save your life.

- True cardiac risk assessment
- Early detection of coronary plaque
- Determination of drug treatments
- Evaluate effectiveness of therapy



**Who should have the test?**

Generally, men over 35, and women over 40. Those with one or more risk factors should consider the Heart Scan.

Stress testing detects advanced disease, when the artery is already blocked. The EBT Heart Scan can detect disease early when it is treatable, greatly reducing your risk of a heart attack.

**Risk Factors for CAD**

- Family History of CAD
- Diabetes
- High Cholesterol
- High Blood Pressure
- Smoking History
- Lack of Exercise
- Obesity
- Stress