

Heart alert with calcium scans

Severity of heart diseases

It has been reported that a large number of people die of life-threatening heart diseases every year. In fact, the number of deaths reported because of heart attacks, last year was far more in number, as compared to the deaths which were caused because of road accidents, crimes and natural disasters when combined together.

Thus, it is easy to determine the severity of the situation in case a person is found to be suffering from heart diseases. A large number of times, it happens that individuals are not even aware that they could be suffering from some kind of life threatening disease.

Advent of new technologies

However, with the introduction of several new technologies and discoveries in the field of medical sciences, it has become possible to find out about possible diseases and nip them in the bud itself. One such revolutionary medical discovery is calcium scan. There could be no two viewpoints about the fact that the high risk patients, who are prone to multiple risk factors and have a family history of high cholesterol need to take more precautions and remain extra cautious about their health and fitness levels.

Medical research on coronary calcium levels

Though, it is not necessary that an individual should be suffering from all the possible threats of a heart disease, before a cardiac arrest occurs.

It has been reported that individuals who suffer from excess of calcium build up, chances are high that the individual has plaque building up in his coronary arteries, which could even prove fatal for the individual. After conducting several medical researches and examinations, it has been concluded that presence of high amount of coronary calcium in an individual are strong indicators of cardiovascular events which can occur in distant future and can prove life threatening.

Cost of calcium scan

The average cost of this scan is around four hundred dollars. To some people, it may seem like an enormous amount but this price is absolutely nothing when compared to the price of the individual's life.

Heavy calcium build up could cost an individual his life, which is absolutely priceless for each and every individual and cannot be measured in monetary terms. A simple calcium test can help an individual to get rid of their heart diseases, well in time. The calcium scan can depict the calcium score i.e. the total amount of harmful calcium which is present in an individual and whether it could prove harmful or not.

As people start aging, their chances of developing high cholesterol and calcium build up increase significantly. Hence it is advised that men, who have crossed the age limit of forty-five years and women who are more than fifty five years in age and are post menopausal, should go in for a calcium scan annually to ensure that they are free from all possible threats of cardiovascular diseases which could prove fatal for them.

About the Author

You can get useful information regarding the [calcium scan](#), [calcium test](#) and ways to prevent [calcium buildup](#) by referring to this website.

Source: <http://www.mmm-ec.org>