

## NEWS RELEASE FOR IMMEDIATE RELEASE

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### CALCIUM SCORING AND CARDIAC CTA OFFER BETTER INSIGHTS

### INTO YOUR HEART THIS FEBRUARY: HEART HEALTH MONTH

WAYNE, JANUARY 9, 2012 – One in four people suffer from heart disease and don't know it. Sometimes the first symptom is a heart attack. With the onset of February, Heart Health Month, area doctors are reminding patients to adopt healthier lifestyles and to maintain regular checkups.

In addition to diet, exercise, regular checkups and in some cases, medication, patients also have the opportunity to obtain detailed images of their heart and arteries, thanks to the latest CT Scans – such as *Calcium Scoring* and *Cardiac CT Angiography* (or Cardiac CTA) – available through University Imaging in Wayne.

#### **What is a CT Scan?**

State-of-the-art CT scanning (which stands for Computerized Tomography) is the most effective way to see inside the heart and its arteries. University Imaging's "64-slice," low-dose CT scan is the newest generation of CT scanners that collect 64 "slices" or "images" of an internal area in less than one second. "Low-dose" refers to the low level of radiation used in scanning.

The result is a better, clearer 2-D and 3-D image that provides your doctor with a better insight of the area in question. And better insights can lead to better outcomes.

#### **The two CT scans:**

- **Coronary Calcium Scoring** detects calcification on arterial walls and resulting narrowing of the arteries, even before symptoms develop.
- **Cardiac CTA** can help diagnose coronary artery disease without the discomfort and inconvenience of cardiac catheterization. A cardiac CTA takes a series of pictures of the heart and its arteries to show if there are blockages. There is no pain or discomfort and scanning only takes a few minutes.

"Many people assume they are healthy because they exercise, eat well and have no symptoms,"

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according to Dr. Steven Festa of University Imaging. "Yet coronary artery disease builds up slowly and often without warning.

"People who stand to benefit from Coronary CT scans are those who have no symptoms of heart disease or chest pain but who are in a "high risk" category," Dr. Festa said.

Examples of high risk categories include people with a family history of heart disease, high cholesterol, hypertension and diabetes," Dr. Festa said.

University Imaging is located in an 11,000 square-foot facility in Suite 101 of 246 Hamburg Turnpike, Wayne, on the front grounds of St. Joseph's Wayne Hospital. It is a division of St. Joseph's Regional Medical Center Hospital and a member of the St. Joseph's Healthcare System.

For more information about Calcium Scoring, Cardiac CTA or other diagnostic testing performed at University Imaging, visit [www.UniversityImaging.org](http://www.UniversityImaging.org) or call 973.595.1300.

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