**CARDIAC CT SCANNER**

The new 64-slice CT scanner at MIA Radiology, Peninsula Private Hospital enables detection of heart disease prior to the onset of symptoms. Through powerful X-rays and software analysis, the scan can quickly establish the extent of coronary heart disease.

**CORONARY ARTERY DISEASE**

Coronary artery disease (CAD) involves progressive build-up of cholesterol plaques (atherosclerosis) that restrict flow of blood to the heart muscle. This process may be punctuated by sudden rupture of the plaque, resulting in clot formation and a heart attack. Not infrequently this process is silent, leading to sudden death. Damage to heart muscle is often irreversible, resulting in breathing difficulties, tiredness and lack of physical stamina.

**CORONARY ARTERY DISEASE AND RISK FACTORS**

Individuals with certain risk factors are at increased risk of premature coronary artery disease. These include hypertension, high cholesterol or low HDL cholesterol, diabetes, family history of premature heart disease, and smoking. If you have two or more of these risk factors, you may be at risk of premature heart disease.

**CT CORONARY ANGIOGRAPHY**

A 64-slice CT scanner is a new diagnostic imaging tool that enables cardiologists to “see” blockages inside coronary arteries as well as the arterial wall (where plaques reside) and heart muscle damage. Other areas including heart valves, congenital heart abnormalities, coronary artery bypass grafts and stents can also be assessed. The CT scan also allows determination of heart function as well.

**THE CARDIAC CT PROCEDURE**

Cardiac CT scanning is relatively simple and straightforward. Come in a calm and relaxed manner; the slower and regular the heartbeat, the better the images. No need to fast before the scan, but take usual medications and drink clear fluids. A medication to slow the heart rate may be given, and an IV drip is inserted into the arm. You will be asked to hold your breath for about 10 seconds while the contrast dye is injected and the scan is performed. The whole procedure usually takes 60 minutes and you can resume your usual activities almost immediately.
WHO MAY BENEFIT FROM A CARDIAC CT SCAN?

Anyone who:
• Has experienced chest pains.
• Has equivocal or inconclusive stress test.
• Has risk factors that increase the likelihood of premature heart disease, i.e. hypertension, diabetes, high cholesterol, smoking, or family history of premature heart disease.
• Had prior stent or bypass surgery.
• Has congenital heart disease.
• Want to check whether there has been progression of CAD identified previously.

DR. SZTO AND CARDIAC CT

Dr. Greg Szto is an interventional cardiologist fully trained in diagnostic coronary angiography & stenting; and other heart, carotid and kidney artery procedures. He is trained in the interpretation and reporting of cardiac CT-based heart anatomy. He is a member of the (US) Society of Cardiovascular Computed Tomography. More importantly, he can guide individuals in identifying the presence of heart disease, and how to manage the findings.

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Cardiac CT scanning is performed in partnership with MIA Radiology at Peninsula Private Hospital. The CT scan procedure will be reported by Dr. Szto and radiologist Dr. Andrew Watson.