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Importance of Calcium Score on CT Angio: A Key to Heart Health

Heart disease remains one of the leading causes of death worldwide, and early detection plays a crucial role in prevention. One of the most important tools in modern cardiology is the calcium score, often measured during a CT angiography (CT angio) of the heart.

A calcium score helps assess the amount of calcified plaque present in the coronary arteries. These arteries supply blood to the heart muscle, and over time, cholesterol and fat deposits can harden into calcium. This buildup can narrow the arteries and increase the risk of heart attack.

The test is simple, non-invasive, and takes only a few minutes. It provides a numerical score:

- 0 – No calcium detected, very low risk of heart disease
- 1–99 – Mild plaque buildup, low to moderate risk
- 100–399 – Moderate plaque, increased risk
- 400 and above – Extensive plaque, high risk of significant blockage

The importance of calcium scoring lies in its ability to identify hidden heart disease before

symptoms appear. Many people may feel healthy but still have silent plaque buildup. Detecting this early allows doctors to start preventive measures such as lifestyle changes, cholesterol-lowering medicines, and better blood pressure control.

Calcium scoring is especially useful for people with risk factors like diabetes, high cholesterol, smoking, obesity, family history of heart disease, and hypertension. It helps in deciding whether aggressive treatment is needed.

However, a calcium score is not the only factor in heart health. It must be interpreted along with clinical history, symptoms, and other investigations. In some cases, a CT angio can also show soft plaques that may not yet be calcified.

In conclusion, calcium scoring is a valuable screening tool that provides insight into heart health and future cardiac risk. Early awareness can lead to timely action, better prevention, and healthier lives. As the saying goes, prevention is always better than cure—especially when it comes to the heart.

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