



HEART NEWS

Maryvale Cardiology has the pleasure to announce the construction of a medical office building on the Sunrise Medical and Dental Center located at 8410 W Thomas Rd. Phoenix, AZ. The construction of the one-story, roughly 6,000 square-foot building is expected to begin in December 2008 and be completed in the first months of 2009.

This decision is the latest move on Maryvale's part to update and expand its facilities to better meet the changing community's current and future health-care needs.

The complex will house new exam rooms, a comprehensive cardiology imaging center, along with laboratory services and a dedicated room for outpatient venous procedures.

"This is great news for Maryvale Cardiology and the community it serves. The new facility has been designed with the patient in mind, and it will be equipped with state-of-the-art technology.

Do You Know Your Calcium Score?

Cholesterol plaques built up in the coronary arteries attract calcium. The more calcium deposits are found in the lining of the arteries, the more at risk a person is for having significant blockages in the coronary arteries. This test is a type of CT scan which gives out a calcium score based on the amount of calcium accumulated in the coronary arteries. A Calcium Score of 100 and below is considered low risk, of 101 to 400 is considered moderate risk, while anything over 400 is considered high risk. Learning your calcium score is an essential step in understanding heart health, and determining heart disease. Knowing the calcium score enables a doctor to then design an appropriate treatment program. Many patients are being undertreated because their risk is just based on the traditional risk factors, not the calcium score.

You should speak with your physician about the advantages and disadvantages of a CT calcium score to determine if the exam is right for you. For more information regarding a calcium score, please see the links below.

November 2008

No. 1



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