

*Because screening  
is better than cure.*

### Who should have a coronary artery disease screening test?

Screening tests are of particular importance for patients with risk factors.

**The risk factors include:**

- Family history of coronary artery disease at relatively young ages
- High cholesterol levels
- Cigarette smoking
- Elevated blood pressure (hypertension)
- Obesity and diabetes

With our expert team and state-of-the-art technology we have the ability to measure all the risk factors mentioned above and provide you with a full picture of your heart condition.

If you need any more information,  
do come and see our team of  
experts or visit our website at  
[www.diagnostichealthcareltd.co.uk](http://www.diagnostichealthcareltd.co.uk)



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Prevention, prevention, prevention.



## Coronary artery disease



## Diagnostic Healthcare

provides advanced diagnostic services designed to be part of your personal preventative medical approach.

We provide you with a complete professional body check-up and lifestyle plan – all at surprisingly reasonable prices and with easy access, making this groundbreaking technology accessible to all.

Our aim is to screen and diagnose any illness early enough in its lifecycle to give you the best possible quality of life.

### We offer:

- Reputable local consultants and professionals
- Convenient, flexible and accessible services
- Rapid turnaround on results – digital reports
- State-of-the-art technology
- International and local second opinion on any diagnostic scan.

## What is coronary artery disease?

Coronary artery disease is a common form of heart disease and is a major cause of illness and death. It is a type of atherosclerosis in which plaque (hard cholesterol substances) builds up inside the arteries that carry blood to the heart. As the artery walls thicken, the passageway for blood narrows and can decrease or prevent blood flow to the heart.

## What is the purpose of screening tests for coronary artery disease?

In many patients, the first symptom is myocardial infarction (heart attack) or sudden death, with no preceding chest pain as a warning. For this reason, doctors perform screening tests to detect signs of coronary artery disease before serious medical events occur.



## What are common initial screening tests?

- **ECG (Electrocardiogram):** a simple test that detects and records the electrical activity of your heart. It shows how fast your heart is beating and whether it has a regular rhythm. It also shows the strength and timing of electrical signals as they pass through each part of your heart. An ECG can also show signs of a previous or current heart attack.
- **An exercise test (treadmill test):** helps a doctor find out how well your heart handles work. As your body works harder during the test, it requires more oxygen, so the heart must pump more blood. The test can show if the blood supply is reduced in the arteries that supply the heart. It also helps doctors work out the kind and level of exercise appropriate for a patient.
- **Echocardiography:** uses sound waves (ultrasound) to create a moving picture of your heart. Echocardiography provides information about the size and shape of your heart and how well your heart chambers and valves are working. The test can also identify areas of poor blood flow to the heart, areas of heart muscle that aren't contracting normally, and previous injury to the heart muscle caused by poor blood flow.
- **Stress echocardiography:** uses sound waves (ultrasound) to create a moving picture of your heart. Medication is used to increase your heart rate and show how your heart works under exertion. This test may be used to monitor your progress if you already have a known heart condition or in case a patient cannot cope with exercise.

“**Coronary artery disease affects more than 1.4 million people in the UK!**”