

February is American Heart Month

According to the Centers for Disease Control and Prevention, heart disease is a leading cause of death for men and women in the United States.

Coronary artery disease is the most common form of heart disease and a major cause of heart attack. It occurs when plaque builds up along the walls of the heart's arteries, causing them to narrow and limit blood flow.

High blood pressure, high cholesterol, smoking, diabetes, obesity and lack of exercise can increase your risk of developing coronary artery disease. Age, gender and family history of heart disease also play a role.

Your doctor can screen for heart disease using a variety of tests, including calcium scoring with cardiac CT, which can identify plaque buildup.

If you're at risk for coronary artery disease, talk to your doctor about getting screened.

For more information about cardiac screening, see the following pages:

- Cardiac (Heart) Screening (<https://www.radiologyinfo.org/en/info/screening-cardiac>)
- Cardiac MRI (<https://www.radiologyinfo.org/en/info/cardiactmr>)
- Cardiac Nuclear Medicine (<https://www.radiologyinfo.org/en/info/cardinuclear>)

Disclaimer

This information is copied from the RadiologyInfo Web site (<http://www.radiologyinfo.org>) which is dedicated to providing the highest quality information. To ensure that, each section is reviewed by a physician with expertise in the area presented. All information contained in the Web site is further reviewed by an ACR (American College of Radiology) - RSNA (Radiological Society of North America) committee, comprising physicians with expertise in several radiologic areas.

However, it is not possible to assure that this Web site contains complete, up-to-date information on any particular subject. Therefore, ACR and RSNA make no representations or warranties about the suitability of this information for use for any particular purpose. All information is provided "as is" without express or implied warranty.

Please visit the RadiologyInfo Web site at <http://www.radiologyinfo.org> to view or download the latest information.

Note: Images may be shown for illustrative purposes. Do not attempt to draw conclusions or make diagnoses by comparing these images to other medical images, particularly your own. Only qualified physicians should interpret images; the radiologist is the physician expert trained in medical imaging.

Copyright

This material is copyrighted by either the Radiological Society of North America (RSNA), 820 Jorie Boulevard, Oak Brook, IL 60523-2251 or the American College of Radiology (ACR), 1891 Preston White Drive, Reston, VA 20191-4397. Commercial reproduction or multiple distribution by any traditional or electronically based reproduction/publication method is prohibited.

Copyright © 2025 Radiological Society of North America, Inc.