



SOCIETY OF **CARDIOVASCULAR** COMPUTED TOMOGRAPHY

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Contact: Lenora Kaplan
(702) 274-8430, lenora5@cox.net
Debra Fernandez/SCCT
(202) 375-6257, dfernandez@scct.org

New Study Finds Cardiac CT Scans Improve Survival

WASHINGTON, DC (November 17, 2009) – Society of Cardiovascular Computed Tomography (SCCT) announces a new study which finds cardiac CT scans improve survival. Utilizing newer cardiac computed tomography (CT) machines to find plaque and blockages in the coronary arteries led to better survival among those undergoing the test. The study was presented November 15, 2009 at the American Heart Association Meeting in Orlando Florida.

SCCT's president elect, Matthew J. Budoff, M.D., is the study's lead author and a researcher at the Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center (LA BioMed). Budoff said previous studies had found assessing heart disease using CT heart scans could predict overall death risks in most American adults, but did not look at whether the knowledge gained by undergoing the test led to better outcomes.

Dr. Budoff presented a study of 4,224 patients of which 60% underwent the CT angiography (or non-invasive) angiogram test, and 40% who did not. Both groups were followed for almost seven years, and then all-cause mortality was assessed. Cardiac patients who did not undergo the CT angiogram were almost 4-fold more likely to die during follow-up.

"This study indicates that cardiac CT scans can provide patients and physicians an earlier and more accurate evaluation of their coronary arteries than traditional tests," said Dr. Budoff. "The advanced knowledge clearly allows more aggressive and better treatments to be provided. Previous studies found cardiac CT scans encourage compliance with medications and lifestyles that are protective for coronary

health, and to be more accurate than stress tests. This new large study now shows that outcomes are improved with this knowledge.”

A cardiac CT scan (non-invasive angiogram) looks directly at the arteries that provide blood flow to the heart for hardening of the arteries or plaques that can block blood vessels and cause heart attacks, strokes or death.

In total, 270 deaths were recorded over 80 months of follow-up. The death rate was significantly lower in the group undergoing the CT angiogram (n=86) as compared to the standard of care group (n=184)(p=0.001).

“This study provides significant validation of cardiac CT scans,” said Dr. Budoff. “Improved compliance with therapies, more accurate assessment of risk, and identification of coronary stenosis provide important information in assessing a patient’s overall death risk. With this information, physicians can advise patients on diet, medications, exercise and other lifestyle changes that will help them avoid the risk of heart attack, strokes and other health problems.”

“This is a most important study conducted by Dr. Budoff and echoes the sentiment of the SCCT, which espouses that cardiac CT angiography is the most accurate and non-invasive diagnostic imaging test for the detection of coronary artery disease,” said Dr. Jack Ziffer, PhD, MD, FSCCT Chief of Radiology at Baptist Hospital and SCCT President.

About the Society of Cardiovascular Computed Tomography

(SCCT) is the recognized representative and advocate for physicians, scientists, and technologists who work in the field of cardiovascular computed tomography. With a membership of over 4,000, it is nationally and internationally viewed as the principal independent organization committed to the further development of cardiovascular computed tomography through education, training, accreditation, quality control, and research. For more information on the Society’s Mission and Goals, please see the SCCT Website at: www.SCCT.org.