

Is EBT right for me?

EBT (Electron Beam Tomography) is a test that could save your life. Coronary artery disease is the leading cause of death in the United States today, with a death every 33 seconds. Unfortunately, the first symptom of a heart attack may be the last. An EBT is extremely useful in determining early-on if one is going to have a coronary event in the near or distant future.

Compared to the concept of most doctors, where the blood vessel gets clogged up by plaque completely, nearly two-thirds of heart attacks occur from vessels that have less than 50 percent narrowing. We have looked at the hole rather than the substance of the donut-shaped blood vessel when it is cut in two. That is, we focus on the lumen rather than the blood vessel wall. Most of the plaque builds up at first on the outside of the blood vessel. After years of remodeling it starts to intrude into the lumen (hole) and only then will it be seen in the angiogram. Studies such as a Thallium treadmill or even an angiogram will not show abnormalities until it is too late.

Seven years ago, the EBT scanner came into the medical decision of who had coronary artery disease. This is a type of CT scan that is done noninvasively with minimal radiation and the aid of a computer. In 15 minutes, it gives a calcium count

Dr.

J.E.

Block



that will predict the state of the coronaries with extreme accuracy. This is the most powerful predictor of any of the risk factors for vascular disease. It is far more important than the cholesterol, blood pressure and the numerous other studies done to determine the risk for an individual. More than this, it predicts the progression of heart disease. With scans every 1 to 2 years, what is right for your heart can be determined by you and your physician.

This test is available at Jane Phillips Medical Center in Bartlesville, Okla., at a cost of \$200. This is not paid for by insurance, but is probably the best \$200 one will ever spend to prevent the potential harm that could come to them through coronary artery disease. No referral is needed to have the study. The number to call is 918-333-7200 to schedule an appointment.