

**PRESS RELEASE**

**For Immediate Dissemination**

***Fortis Escorts Heart Institute introduces the ‘Calcium Scoring Test’: A simple method to detect the risk of a future heart attack***

**New Delhi, February 26, 2021:** Doctors at Fortis Escorts Heart Institute have introduced the ‘Calcium Scoring Test’ – a simple which detects the risk of future heart attacks. Through the test, the amount of calcium in the coronary artery is determined via a specialized CT imaging – confirming the total area being occupied in the coronary artery by the calcium deposits and their density.

It has been found that while calcium is an important component for our bones, calcium in coronary arteries can be an additional risk factor for heart diseases. Therefore, Coronary Calcium Scoring Test is effective in predetermining the risk of heart attacks. The test enables a direct visualization of the amount of calcium deposits in coronary arteries. A zero score means no calcium is seen, suggesting a low probability of heart attack during next decades. Higher the score, higher is the risk of a heart disease. A score of 100-300 means moderate risk, and a score higher than 400 may be an indicator of blockage in the coronary artery.

**Dr. Ashok Seth, Chairman, Fortis Escorts Heart Institute said,** “A heart attack is a wakeup call for all of us. Especially for the younger generation, as deaths from heart disease are increasing in the country. Hence, calcium scoring is a newer method to predict the risk of heart attack in future and the purpose of detecting calcium in arteries is to customize the lifestyle and reduce this risk.”

**Dr. Peeyush Jain, Director Non- Interventional Cardiology and Head Department of Preventive Cardiology, Fortis Escorts Heart Institute, New Delhi said,** “Calcium scoring test helps cardiologists to know the risk of heart disease for future. It is painless, safe and carries low risk of side effects. Calcium scoring is a new method to fine-tune the risk and to devise methods to prevent further progression of blockages of arteries.”

**Dr. Mona Bhatia, Designation,** said, “Calcium Scoring is now incorporated in the guidelines globally to enhance the risk assessment and treatment. This scan is useful for the patient who is thought to have an uncertain risk for heart disease. It also motivates a lot of people with moderate heart disease risk to make lifestyle changes for the better.”

**About Fortis Escorts Heart Institute**

*Fortis Escorts Heart Institute (FEHI), Delhi, a pioneer and centre of excellence in cardiac care, is celebrating 28 years of path-breaking work and service to the numerous heart patients, who have benefitted from treatment, at this outstanding facility. Armed with clinical expertise and cutting-edge medical technology, the hospital has set enviable benchmarks in Cardiac Bypass Surgery, Minimally Invasive Surgery, Interventional Cardiology, Non-invasive Cardiology, Pediatric Cardiology and Pediatric Cardiac Surgery. Till date, FEHI has successfully completed over 1,79,000 Coronary Angiographies, over 97,000 Cardiac Surgeries and almost 62,000 Coronary Angioplasties, in addition to several life-saving procedures. The hospital also performed India’s first Trans Catheter Aortic Valve Implantation (TAVI) and Bioresorbable Vascular Scaffold (BVS); Asia Pacific’s first Directional Atherectomy, Angioscopy, Drug Eluting Stenting, etc. Over the years, FEHI has cloned a Heart Care Network of 19 hospitals and Heart Command Centers in India and abroad. It has also launched the revolutionary e-ICU program, enabling remote and timely access to critical care. Fortis Escorts Heart Institute has won numerous awards and accolades, the most recent among them being the ‘Best Cardiology Hospital’ at the ICICI Lombard & CNBC TV18 India Healthcare Awards for 2012, 2013 and the No 1. Ranking in the Private Cardiac category Hospital by The Week Nielson Best Hospitals Survey, 2014 and 2015.*

**About Fortis Healthcare Limited**

*“Fortis Healthcare Limited – an IHH Healthcare Berhad Company – is a leading integrated healthcare services provider in India. It is one of the largest healthcare organizations in the country with 36 healthcare facilities (including projects under development), 4000 operational beds and over 400 diagnostics centers (including JVs). Fortis is present in India, United Arab Emirates (UAE) & Sri Lanka. The Company is listed on the BSE Ltd and National Stock Exchange (NSE) of India. It draws strength from its partnership with global major and parent company, IHH, to build upon its culture of world-class patient care and superlative clinical excellence. Fortis employs 23,000 people (including SRL) who share its vision of becoming the world’s most trusted healthcare network. Fortis offers a full spectrum of integrated healthcare services ranging from clinics to quaternary care facilities and a wide range of ancillary services.”*

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