



Computerised Tomography Angiogram (CTA)

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The ever improving development of non-invasive screening and scanning equipment now allows us to visualise the arteries that feed the heart (the coronary arteries) which are most frequently responsible, by becoming blocked, for causing angina and heart attacks.

Abnormal basic screening results from resting or stress/exercise ECGs, Arteriographs or large arterial vessel ultrasound require further investigation. Conventional medicine tends to encourage the use of angiograms. This involves the insertion of a tube through an artery in the groin passed up to the level of the heart before injecting an x-ray opaque “dye” (contrast medium). An x-ray taken at that point allows visualisation of the coronary arteries and shows up blockages or narrowing. There is a risk of infection and technical problems including rupture of arteries which rarely occur. This invasive process can now be avoided. The development of CTA allows a simple contrast medium to be injected into a vein and a specialised low-dose x-ray of the heart taken simultaneously shows with the same accuracy the heart arteries. This is lower risk but there are some provisions.

1. The accuracy of the scan is dependent upon there not being too much calcium deposited within the arteries. This reduces the accuracy of the test. Good centres, therefore, will do the test in two parts, the first is to measure the calcium score and if it is negligible or low then the experts will proceed to the full CT angiogram.
2. The quality of the machine and the assurance that it is delivering the lowest necessary dose of radiation is considered extremely important and not generally offered by scanning units that are springing up around the country.
3. The technicians who are expert in this must be trained to the highest level.
4. Reading the x-ray results is an acquired skill that must be performed by a top cardiovascular radiologist.

The Diagnostic Clinic has researched this area and believes that its associate laboratory performing this technique in Harley Street, just around the corner from The Diagnostic Clinic, is the only centre in the UK that currently conforms to this criteria.

The results will come back to one of the Integrated Physicians here at The Diagnostic Clinic who will not only comment on the report but also advise on next steps, lifestyle, nutrition and suitable natural supplementation recommendations.

To book appointments for a CTA please contact The Diagnostic Clinic reception on 020 7009 4650.