

Computer Tomography (CT) Coronary Angiogram

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Computerized tomography (CT) coronary angiogram is an imaging test that appears at the arteries that provide blood to your heart. It is often performed to diagnose the explanation for pain or other symptoms. A CT coronary angiogram uses a strong X-ray machine to supply images of heart and its blood vessels. The method is noninvasive and doesn't require recovery time. CT coronary angiograms are wont to diagnose a spread of heart conditions. A coronary CT angiogram is different from a typical coronary angiogram. Within the previous procedure (non-CT angiogram), a versatile tube (catheter) is threaded through your groin or arm to your heart or coronary arteries. If known coronary artery disease is detected, cardiologist might recommend the previous old ways because you'll also receive treatment during the procedure.

A coronary CT angiogram is employed to understand the narrowed or blocked arteries in your heart (coronary artery disease). Cardiologist can use it to see your heart for various conditions. Exposure to some radiation during the test is common. The quantity varies counting on the sort of machine used. the danger of developing cancer from a CT angiogram isn't known, but it's small. A CT angiogram if you're pregnant due to possible harm to your unborn child.

It's possible that you simply could have an allergy to the dye utilized in the procedure. Ask your doctor if you're concerned about having an allergy. The images from CT angiogram should be ready soon after test. Cardiologist who suggested the CT angiogram should discuss the results of the test with you. If the test suggests risk of

heart condition, discuss treatment options with cardiac surgeon. No matter the results of test, it is good ideas to form lifestyle changes to assist protect heart. These include:

- **Exercise regularly:** Exercise helps you reach and maintain a healthy weight. It also helps control diabetes, high cholesterol and high vital sign – all risk factors for heart condition. Together with your doctor's advice, get a minimum of 150 minutes of moderate aerobic activity or 75 minutes of vigorous aerobic activity every week, or a mixture of moderate and vigorous activity. If necessary, break your activity into several 10-minute sessions each day.
- **Eat healthy foods:** A heart-healthy diet rich in fruits, vegetables and whole grains – and low in saturated fat, cholesterol and sodium which can assist you control your weight, vital sign and cholesterol.
- **Stop smoking:** Smoking may be a major risk factor for heart condition, especially atherosclerosis. If you smoke, quitting is that the best thanks to reduce your risk of heart condition and its complications. If you would like help quitting, ask your doctor about smoking cessation methods.
- **Manage health conditions:** If you've got high vital sign, high cholesterol or diabetes, take your medications as directed. Ask your doctor how often you would like follow-up visits.
- **Soothe stress:** Stress can cause your blood vessels to tighten (constrict), increasing your risk of a attack . Ask your doctor about stress management programs in your area. Exercise can help reduce stress too.

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