

What to Expect: Types of Scans, Scheduling, and Your Health



Taking control of your health starts with understanding your body, your current health, and any health risks that might warrant lifestyle changes or medical attention. When you schedule a scan, whatever the specialization of the scan, you're taking a proactive step towards becoming a healthier person and learning more about your body. Whether you're setting up a scan out of concern for current symptoms, an ongoing condition, or you're simply taking the initiative to detect any abnormalities, receiving a scan can help you set up the right path to a healthier future.

Importantly, if you're considering a scan, you should know that small signs of irregularities or risk factors could save your life, even well before any noticeable symptoms appear. Early detection helps save many lives from chronic disease and cancer. Using state-of-the-art technology, our scans are designed to be non-invasive without sacrificing accuracy. What you receive is a highly accurate measure of your health without compromise to your comfort or schedule.

Even considering all the benefits of receiving one of our many scans, you'll likely have questions:

- What kinds of scans are available?
- How do the scans work?
- What scans are appropriate for me at the current time?
- How do I schedule a scan?
- What happens after a scan?

The purpose of this comprehensive guide is to walk you through our offering of scans and explain what you can expect every step of the way.



Our Process

Before any specific scan can be scheduled and confirmed, it's important for us to understand your medical history and current health. We want to provide the most appropriate services for the betterment of your health, so an initial consultation and CT scan will begin our process.

When you visit our facility, you will meet with one of our consultants to review the scan process, your medical history, and any special promotions that might be available. We will then take you to a specialized scanning room for a low-dose, CT scan. This scan requires no preparation and lasts only a few minutes, but this initial scan will allow us to more accurately determine the state of your health and detect any abnormalities that should be investigated further. The results will be read and evaluated and a hard copy of your report to be mailed to you. Any and all questions can be answered in person or by phone.

Overall, the initial visit should last roughly 90 minutes, and any subsequent scans scheduled afterwards will last only 15-20 minutes. The process is designed to be as non-invasive as possible (our scans are non-surgical) while giving you the greatest insight possible into your health.

Scan Options and Pricing

Heart Scan (\$640)

Heart disease continues to be the leading cause of death for both men and women in the United States, with coronary heart disease, the most common heart disease, killing more than 370,000 people a year. According to the CDC, roughly 735,000 Americans also suffer from heart attacks on an annual basis.

While the outlook for cardiovascular disease remains grim in the U.S., a heart scan can be a powerful first step in identifying and mitigating risk factors. Obvious risk factors might include high cholesterol, high blood pressure, and diabetes, but they don't need to be present for heart disease to occur, making a scan all the more important. When symptoms of heart disease occur, damage to the heart has likely already occurred, so it's vitally important that you prioritize early risk detection.

Our scan includes a heart exam with a coronary calcium score, which directly predicts the risk of heart attack and can help determine any necessary lifestyle changes, including diet and exercise. The calcium score will be compared to others of the same sex and age group.

The scan itself requires no injects, dyes, or fasting. EKG electrodes will be placed on your chest. While lying on your back in the open scanning chamber, the CT will quickly scan your heart area at speeds of 1/20th of a second, which far excels traditional CT scans and offers added accuracy. This test only takes a few minutes to complete.

WHO SHOULD GET IT:

If you are between the ages of 40 and 70 and/or have any of the following risk factors:

- Diabetes
- Obesity
- High stress
- High blood pressure
- High cholesterol, triglycerides
- Tobacco usage or prolonged exposure to second-hand smoke
- Family history of heart disease

WHAT TO EXPECT AFTER THE SCAN:

Following the scan, you will receive a comprehensive report that will be sent to you and your physician if requested.



Full Body Scan with Personal Review (\$2495)

For a comprehensive view of your overall health, a full body scan will allow you to not only monitor your heart and lungs, but your entire abdomen and pelvic area. This allows our healthcare professionals to analyze your liver, spleen, gallbladder, pancreas, spine, kidneys, and prostate gland.

This overall view allows us to detect any signs of heart disease, cancer, or other abnormalities. In all cases, early detection allows for the greatest chance of mitigating disease and potentially curing cancers detected in their early stages. Many of the cancers that affect these organs will have already advanced to later stages by the time symptoms present, so it's vital that you prioritize early detection. A full-body scan allows for the best chance of early detection.

The full body review includes heart, lung and abdomen/pelvic scans along with a full radiologist report.

WHO SHOULD GET IT:

We recommend this scan to all patients at the age of 50 or above.

WHAT TO EXPECT AFTER THE SCAN:

Includes a personal review of images with one of our healthcare professionals.

Virtual Colonoscopy (\$1980)

In lieu of a traditional colonoscopy, which is an invasive procedure that requires anesthesia, a virtual colonoscopy is completely non-invasive and offers more accurate results than current traditional methods. Early cases of colon cancer can begin as noncancerous polyps, which typically have no symptoms, but can be detected by screening, including a virtual colonoscopy.

For this specific scan, the CT Scanner generates an image of your colon while our software shows a 3-dimensional view, not unlike an endoscopy. Instead of an optical scope, our virtual colonoscopy gives the physician the ability to view the colon in a fly-through simulation.

The virtual colonoscopy includes an examination of the complete colon interior and exterior surface for polyps and cancer, as well as wall thickness and extra colonic abdominal region.

WHO SHOULD GET IT:

Anyone recommended for a traditional colonoscopy, particularly patients at high risk or over the age of 50.

WHAT TO EXPECT AFTER THE SCAN:

You'll receive full radiologic reports.

Presidential Body Scan (\$3,265)

Includes the full body scan, virtual colonoscopy, and physician consultation if desired.

Body Composition Analysis (\$35)

Body composition is a strong indicator of overall health and wellness, often serving as a predictor of risk for chronic disease in the future. Accurately measuring your body composition will help you stay ahead of the curve on many health conditions.

Our Body Composition Analysis provides an accurate and detailed report in each segment of muscle mass, fat mass and body water in each segment of your body and requires no discomfort. The complete analysis provides detailed information regarding your:

- cellular water weight
- body fat percentage
- body fat mass
- skeletal muscle mass
- segmental muscle mass
- visceral fat levels
- basal metabolic rate, and more

Among the many benefits of a body composition analysis include early detection of long-term illnesses, risk of osteoporosis, and potentially a roadmap for achieving a specific muscle-to-fat ratio goal through diet and exercise.

WHO SHOULD GET IT:

Anyone interested in learning more about their health.

WHAT TO EXPECT AFTER THE SCAN:

A full report of the readings mentioned above.

Peripheral Artery and/or Carotid Artery Disease Screening

Artery diseases are almost always caused by the build-up of plaque in the arteries, preventing the movement of oxygen-rich blood to certain areas of the body.

Peripheral Artery Disease and Carotid Artery Disease typically occur in people over 50 and known risk factors include smoking, high cholesterol, high blood pressure and diabetes. Often symptoms won't be obvious before a stroke occurs, which means patients will need to rely heavily on early detection.

Peripheral Artery Disease typically affects the arteries in the legs, but can also affect the arteries that carry blood from your heart to your arms, head, stomach and kidneys. Carotid Artery Disease can affect the two main arteries on either side of your neck that carry blood from the heart to the brain.

With the latest in vascular ultrasound technology, [**Craft Body Scan**](#) offers Peripheral Artery Disease and Carotid Artery Disease Screening to locate any restricted areas or blockages. Our ultrasound screening is non-invasive, extremely safe, and gives an accurate picture of soft tissue that does not show up on x-rays.

WHO SHOULD GET IT:

Those who have a combination of two of the following risk factors:

- Smoking
- High blood pressure
- High cholesterol
- Diabetes

WHAT TO EXPECT AFTER THE SCAN:

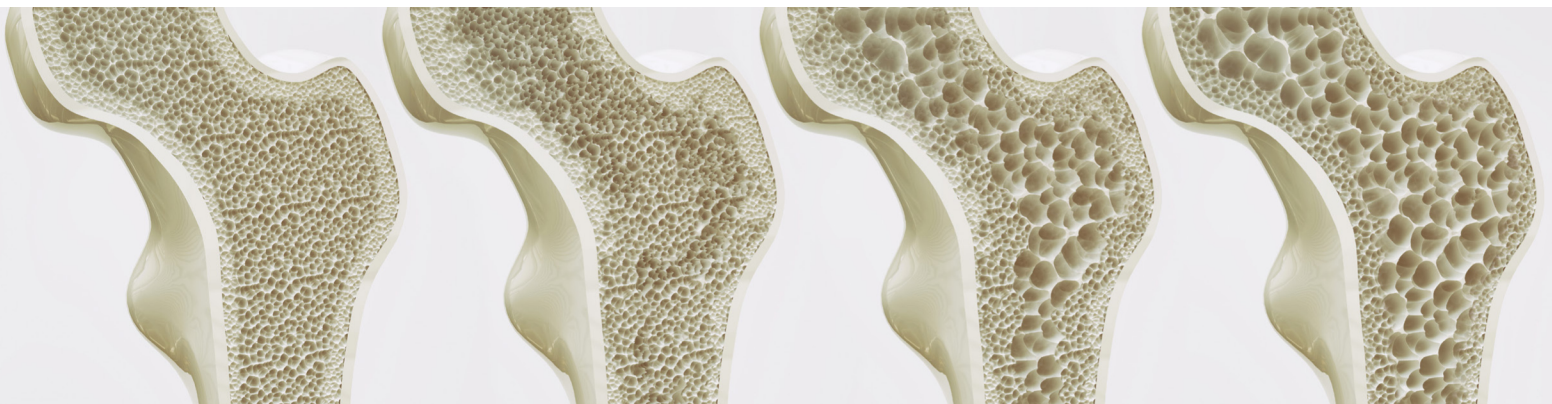
Scan report.

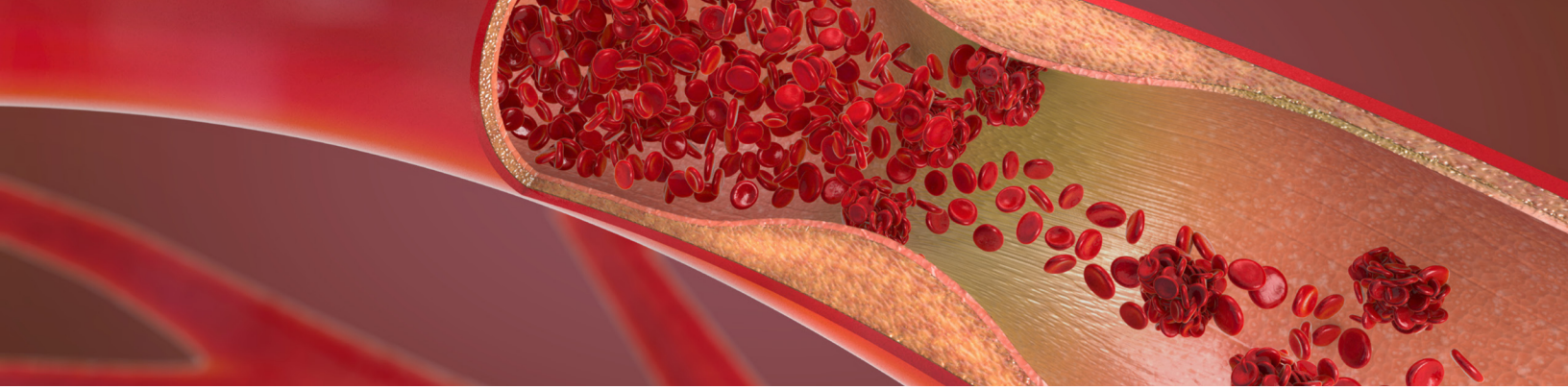
Bone Density Screening (CT or Ultrasound)

1 in every 3 women and 1 in every 5 men over the age of 50 will experience osteoporotic fractures.

Osteoporosis is a disease in which bone density decreases and bone quality is diminished over time. When bone loss outpaces new growth, bones become porous and brittle, making them prone to fracture. There are often no symptoms of osteoporosis until the first fracture.

Women over 65 and men over 70 should consider a bone density test if they know they have osteoporosis in the family, experienced a fracture or break from a minor accident, suffer from rheumatoid arthritis, or have a low body weight. In any case, people over this age threshold are advised to take the test regardless since they are at higher risk for osteoporosis. The risk is lower for women and men under these ages, but a bone density test should still be considered if they have a history of easily broken or fractured bones.





WHO SHOULD GET IT:

- Men and women at or above the age of 70
- Fracture after a minor accident
- Experience poor or stooped posture
- Fracturing or breaking a bone after age 50
- Acute back pain

WHAT TO EXPECT AFTER THE SCAN:

Scan report.

Schedule Your Scan Today!

If you meet the risk factors above or are just wanting to proactively take control of your health, setting up a scan to is an easy process. Craft Body Scan offers scans for those who wish to take it. To schedule a scan or learn more about our services, visit our [website](#).

