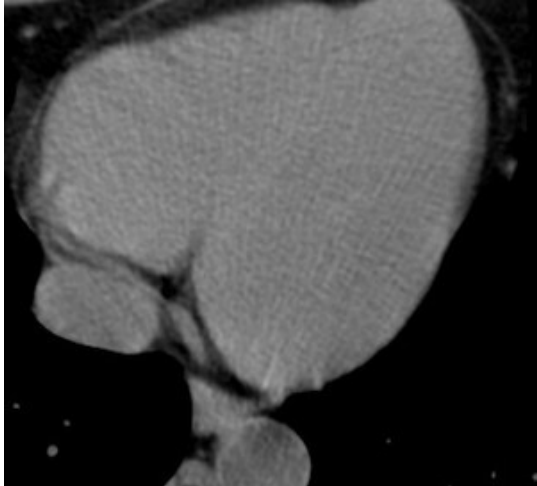
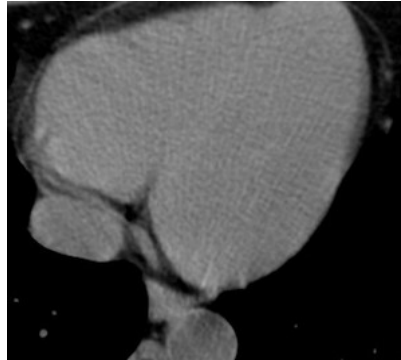


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Scuba Fitness: Do you know your health? Cardiovascular wellness scan for scuba divers



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An image from a cardiovascular wellness scan.
Inner Vision Wellness Imaging

Heart disease and/or cardiovascular illness is the most common medical condition reported by scuba divers. The known risks associated with entering the underwater environment require a responsible and preventative approach to health and wellness.

The most important scuba fitness recommendation for scuba divers is to know your health. This is especially important for healthy or non-symptomatic individuals who have never had a reason or been directed by their physician to participate in cardiovascular or other medical testing. In addition to certain preventative age-threshold tests such as a colonoscopy or mammogram, a cardiovascular evaluation is primary and prudent for all scuba divers.



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Begin by discussing it with your physician. Perhaps he/she will make a referral to a cardiologist or a **wellness imaging service**. Cardiologists also refer patients to wellness imaging services for certain information such as coronary calcium scores.

Coronary calcium is a marker for plaque which appears years before the development of heart disease. A score of zero implies that there is no significant coronary artery narrowing and a very low likelihood of a cardiac event over at least the next three years. Your score is compared to other asymptomatic individuals your same age and sex to establish a percentile. The percentile provides information which helps your physician determine your risk of developing coronary artery disease, monitor progression of the disease (if any) and effectiveness of treatment.

A complete Cardiovascular Wellness Scan includes views of the Carotid Arteries, Thoracic Aorta and Abdominal Aorta. The screening is performed using a Lightspeed VCT Scanner and only takes about 10-15 minutes. The technology and equipment are not intimidating or confining. The scan is followed by a consultation where views of all images are shared and discussed. You will receive a cd of images and a printed report for your records. A copy is also sent to your physician.

Other preventative imaging services include lung and virtual colonoscopy. Diagnostic imaging services are also available. A physician's referral is not required by the wellness imaging service. The cost of the services vary with the type of scan starting around \$300 and are not typically covered by insurance. However, you will appreciate the knowledge and resulting peace-of-mind, or in some cases life-saving information.

Cardiovascular wellness screenings are a great way to know your health and particularly important for scuba divers.