

Iowa HAS HEART



BRENT JOHNSON

The Importance of Preventative Screenings

In 2019 Brent Johnson, of Webster City, had a spike in his blood pressure. His doctor prescribed medicine and he was able to maintain his blood pressure in a normal range. He remained asymptomatic and lived an active lifestyle including regular walks and additional outdoor activities.

In late 2020, his wife Laurie, who has worked in cardiology for decades, suggested he have a calcium scoring test completed based on his family heart health history. A calcium scoring test uses computed tomography (CT) technology to detect calcium deposits in the coronary arteries. He completed the test and his calcium test results were above normal. This prompted additional testing. A follow-up stress test indicated a strong heart muscle, however his EKG was just slightly abnormal. Additional follow-up testing determined blockages were present and a stent procedure was scheduled. During the stent procedure it was discovered the blockages included two that were greater than 75% and were in close proximity to each other prompting the need for coronary bypass surgery. Bypass surgery was completed in April 2021, less than four months following his calcium score test, and he is doing GREAT!

He attributes his wife's suggestion to have the calcium score test completed in preventing a significant cardiac event that could have happened at any time based on the location of his blockages. The preventive calcium score test saved his life! Brent encourages others to know their family history, go to the doctor for routine exams, and explore preventative screening options.

Photo taken outside of Denali Park, Alaska - a trip they took 3 months following his surgery.