

## PC Cardiology System – Your stairway to keeping stress away

Stress, the term with which we all are very well aware of, is one of the health issues that hit almost every individual at one point or another. Though it's a part of a normal life, continuous stress can lead to a lot of serious problems that may affect our day to day lives.

Caused by the stress hormones, stress initially starts as a reaction to an emergency by our body, as a result of which our heart fastens, breathing quickens, and muscles get ready for some quick action. But what starts as a response, if occurred day after day, becomes the root of many life-threatening diseases and may require an electrocardiogram to detect its adverse effects.



[Nasiff PC Based CardioStress™ System](#)

### Understanding stress

Stress is our body's reaction to certain situations or emergencies that are challenging. It can be due to problems with finances, work, and relationships and so on. Anytime our mind feels or perceives something challenging, it results in stress due to the stress hormones. And the scale of this reaction is known as stress response which depends on our ability to perceive and cope with stress.

### How can stress be tackled?

Stress can be reduced or minimized by various methods, and these methods may include medication, therapy, exercise, meditation, stress busters and many others. Though stress can be treated in a myriad of ways, it's always better to take note of your stress level beforehand using an electrocardiogram test and get it checked up as soon as you see any sign of trouble.

### What is the best way to check your stress level?



These days, a stress test or [electrocardiogram](#) can be done using PC based ECG system that can help you determine your stress level and the heart condition. A doctor or trained healthcare technician usually performs the test and see if your heart can manage the stress when exposed to increased workload. An electrocardiogram test detects abnormalities of your heart when under constant workload for a period. If your doctor finds any sign of trouble, he will perform other necessary tests to diagnose the disease.

The PC based ECG system can be connected to the treadmill and provide you with your heart rate and stress level during exercise.

### In a nutshell

To keep yourself away from stress even before stress reaches to a level to cause you any harm, getting an electrocardiogram test done using a PC based ECG System that can be connected with your treadmill is the best decision you would ever make.

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### **About Nasiff**

*Founded in 1989, Nasiff Associates is a medical technology company and leader in diagnostic cardiology medical devices including ECG/EKG devices and systems. The first company to produce a clinically useful PC-based CardioResting™ ECG, PC-based CardioStress™ (Stress ECG), CardioHolter™ (Monitor), CardioSuite™ ECG System (all-in-one cardiology system consisting of Resting, Stress and Holter) and CardioVitals™. All products are developed and manufactured in the USA to maintain top quality control and unsurpassable customer care. All systems come complete with the Cardio Universal EMR Interface™. More information about Nasiff products can be found at [www.nasiff.com](http://www.nasiff.com).*