

Everything you need to know about Stress Testing ECGs



According to Center for Disease Control and Prevention (CDC), approximately 610,000 people die every year due to heart diseases – with Coronary Heart Disease (CHD) accounting for more than half the number. Most Americans suffer high cholesterol and high blood pressure because of their sedentary lifestyle and lack of proper physical training. When people refuse to change their ways and do not pay attention to flashing signs of degrading health, they eventually end up suffering from cardiac diseases.

Studies have shown that early diagnosis of cardiac diseases can prove to be highly advantageous for proper treatment. Doctors often recommend **Stress Testing ECGs** to people who have to deal with chest pain or unexplained shortness of breath on a regular basis. It is an inexpensive means of determining whether the patient is prone to heart diseases or not. Although further tests may be necessary to diagnose the extent of the damage, it is a valuable tool used by doctors to find the right course of treatment for patients.

In the case of **Stress Testing ECGs**, the condition of the heart is monitored while the patient performs certain physical activities like working out on a treadmill. Thus, the doctor is able to record a patient's heart rate even while the patient is being exposed to stressful conditions. Such tests are helpful in determining the status of an individual's heart and simplify the diagnosis. Blood flow and oxygen supply can be monitored with the help of these tests.

The reason behind the ongoing buzz of these tests in health care is that they are extremely safe for patients and can be performed with ease. Since they are performed in a controlled environment, it allows the doctor to draw valuable conclusions and inferences. People suffering from chest pain and irregular heartbeat can rely on this test completely. Before conducting these tests, doctors ensure that the patients have a stable condition and do not have advanced coronary heart disease.

The PC based Stress Testing System used for such tests is absolutely safe and extremely compatible in nature. While standard cardiac testing use ECGs alone to determine the condition of heart, imaging stress tests uses pictures of heart while exercising as well as resting to get a better understanding of the real problems. People who are about to take this test must get in touch with experienced physicians to get thorough details about the procedure.

Assessing symptoms of heart disease on an earlier stage can save you from a lot of trouble. If you want to enroll in a fitness program but worried because of shortness of breath, Stress Testing ECGs are the right way to go.

What are you waiting for? [Request a demo today!](#)



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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.