

## Importance of monitoring heart activity of suspected patients

It was President Lyndon B. Johnson who issued the first proclamation of American Heart Month back in 1964. Since that year, every US president has continued to declare February as the American Heart Health Awareness Month. President Lyndon initiated a good cause as heart disease has become the number cause of death in the United States. It is important that we all take care of our heart as part of our self-care.



In this article, we will be discussing the advantages of cardiac monitoring. We have listed down some points for this purpose. Through these points, you'll get some idea about **cardiac telemetry**, heart monitors, cardiac arrhythmias, Holter monitors, and much more. Let's get started.

- As the name implies, cardiac monitoring is nothing but observation of your heart's activity with the help of a monitoring tool. Through this monitoring, patients can find out how their heart is functioning and whether they are suffering from cardiac arrhythmias and any other cardiac condition.
- There are heart monitors available that can help relay activities of your heart in the form of information. The Holter monitor is one monitoring tool that has been identified as one of the best tools for accurately measuring heart's activity. It is a portable tool that monitors your cardiovascular system's electrical activity 24x7. The biggest benefit of using this tool is that it allows you to carry on with your daily life while it silently measures the activity of your heart. Keep in mind that your doctor will check the information collected through a Holter monitor and determine what activities you can engage in.
- Cardiac telemetry is another monitoring system that doctors can use to detect and monitor arrhythmias. With the help of cardiac telemetry monitoring tool, information about your heart's health can be sent wirelessly to a monitoring center. Cardiac telemetry has been identified as a great way of diagnosing arrhythmias in patients who do not realize that they are dealing with this heart condition.
- Heart monitors can also assist in determining what kind of activities and exercises you can engage in so that your heart does not experience the level of pressure it is not used to or is not capable of handling.

If healthcare professionals, centers, or patients need the above-mentioned tools, they can get them online from some reputed medical technology companies. Some companies specialize in developing top-quality medical PC solutions.

For state-of-the art and improved accuracy, get real-time patient diagnostic information, enhance your efficiency and send your diagnosis to the proper healthcare provider in a timely way, use **PC-based CardioCard ECG Systems today!** What are you waiting for? [Request a demo today!](#)

#####

### 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).*