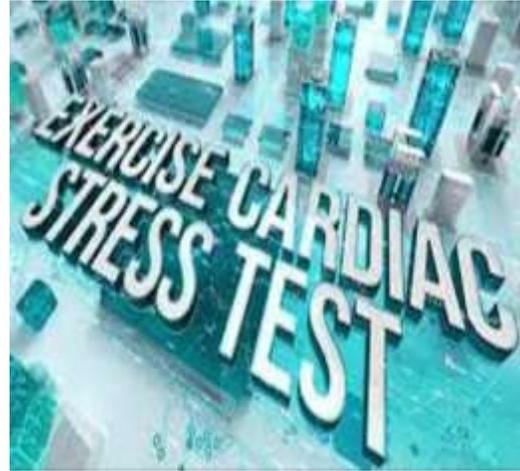


What a Stress Test can tell you about heart health

Heart related illnesses have been on the rise for some time now. A study conducted by **MedicalNewsToday**, indicates that one in every four deaths in the U.S. is related to heart disease. To determine whether the heart is functioning optimally, medical practitioners conduct a stress test. The aim of this test is to ensure that blood flow and heart beat rhythm is normal.



What is a stress test?

There are three main types of stress test:

- Exercise stress tests
- Nuclear stress tests
- Stress echocardiograms

In a stress test, the patient is asked to walk on a treadmill that increases the heartbeat. An electrocardiogram (ECG) monitors the heart's electrical rhythms. The doctor measures the blood pressure and monitors whether there are any symptoms like chest discomfort or fatigue. Abnormalities in blood pressure, heart rate, or ECG or worsening physical symptoms could point to coronary artery disease (CAD), fatty deposits (plaques). These diseases reduce the amount of oxygen rich blood flow to the heart muscle. Stress testing detects arteries that are narrowed to more than 70%.

Symptoms

There are numerous symptoms that indicate abnormal functioning of the heart. These symptoms are:

- Chest pain with activity
- Unexplained shortness of breath

An abnormal stress test points to a higher risk of CAD. Old age, overweight, or high cholesterol are some of the factors that could lead to heart problems. It could also be an underlining effect of diseases like diabetes, cancer or depression.

What do test results mean?

An exercise stress test is designed to find out if one or more of the coronary arteries feeding the heart contain fatty deposits blocking a blood vessel by 70% or more. A stress test results could mean the following:

Test Result	What could it mean?	What could still happen?	What is the next step?
Normal	No significant coronary artery disease (70% or greater artery blockage)	Possibility of having a heart attack if a smaller blockage (less than 70%) ruptures and forms a clot	Further testing should be done if you have other risk factors for heart disease that raise concern
Abnormal	Have coronary artery disease (70% or greater blockage)	The abnormal result may be a false alarm, and could require further testing to confirm	The doctor may advise additional tests to confirm that you have coronary artery disease

To improve 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 Stress Testing ECG Systems today!**

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Nasiff CardioStress Testing ECG System

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About Nasiff

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