

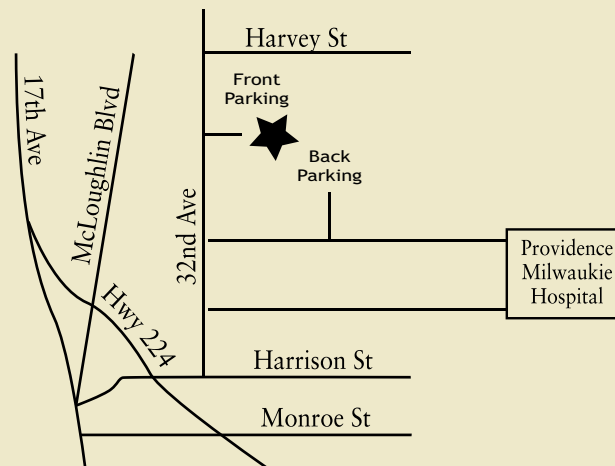
LOCATIONS

CARDIAC TESTS

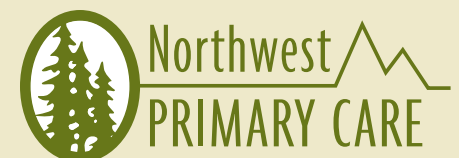
CARDIAC TESTS ARE DONE TO IDENTIFY:

- Unexplained chest pain, abnormal heart sounds (murmurs or clicks) or an enlarged heart.
- Cause(s) of dizziness, fainting, rapid heartbeat, shortness of breath or irregular heartbeat (palpitations) during exercise.
- Specific types of heart disease.
- How well the heart valves are working, how much blood your heart is pumping during each heartbeat, and whether disease may be affecting the heart muscle.
- Thickness and movement of the heart wall.
- Blood clots, tumors, fluid build-up or a thickening of the lining (pericardium) around the heart.
- Size and shape of the heart's chambers.
- Specific cause of heart failure.
- Damage caused by a heart attack or coronary artery disease (CAD).
- Tolerance for exercise following a heart attack or heart surgery.
- Blockage or narrowing of the arteries after an angioplasty or coronary artery bypass surgery.
- Seriousness of any congenital heart defects and/or the status of corrected congenital heart defects.
- Treatment decisions.

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(Patients 15 years and older)



For appointments and assistance, call
503.659.4988.
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CARDIAC TESTS

CARDIAC STRESS TEST/EXERCISE ELECTROCARDIOGRAM

A cardiac stress test or exercise electrocardiogram (EKG) test looks for changes in the heart during exercise. During these tests, the patient usually walks or jogs on a motor-driven treadmill. The exercise increases the heart rate and helps identify symptoms and abnormalities in the heart that might only be present during exercise.

ECHOCARDIOGRAM

An echocardiogram (echo) is a type of ultrasound test that is painless and uses high-frequency sound waves sent through a device called a transducer, which is placed on the ribs near the breast bone. The transducer picks up the echoes of the sound waves as they bounce off the different parts of the heart. These echoes are then turned into moving pictures so that the heart can be seen on a video screen.

NUCLEAR CARDIAC STRESS TEST

A nuclear cardiac stress test (cardiac perfusion scan) measures the amount of blood in the heart muscle at rest and during exercise. This test is often done to determine what may be causing chest pain or as part of follow-up testing after a heart attack.

For the test, a special medicine (radioactive tracer) is injected into a vein in the arm, which then travels through the blood and into the heart muscle. This tracer allows a camera to take pictures of the heart, which helps identify muscle that is causing pain (ischemia) or, in the case of heart attack, areas of the heart that may have been damaged and are not receiving enough blood (infarction).

HOLTER MONITOR

A Holter monitor is a portable device that continuously monitors the electrical activity of the heart during the course of a patient's daily activities. During this test, the patient wears a monitor for one to two days, 24 hours a day. The Holter monitor is most often used when the doctor suspects there may be an abnormal heart rhythm.

Wearing a Holter monitor is a painless test. Electrodes from the monitor are taped to the skin, and the monitor is usually hooked to a belt or waistband. Once the monitor is in place, the patient is free to go home and perform all of their normal activities (except showering). They are also asked to keep a diary of activities, as well as any symptoms they may experience and when they occur.

EVENT MONITOR

Event monitors are usually worn for one week, but may be worn as long as one month. Much like the Holter monitor, the event monitor has electrodes that are worn on the chest, with the monitor hooked to the belt or waistband. When wearing an event monitor, patients are asked to push a button whenever cardiac symptoms develop. The device then records and stores the heart's electrical activity. The event monitor information can later be transmitted by a corded telephone to Cardiographics (cell phones and cordless phones cannot be used to transmit the recordings).

HOW ARE THESE CARDIAC TESTS SCHEDULED?

1. Your Practitioner will order one of these tests for you if he/she feels it is necessary.
2. Since these tests are only performed at our Clackamas Internal Medicine Office, someone from that office will contact you to arrange the appointment date and time.
3. Once all of the final test results have been reviewed, you will be contacted by your ordering Practitioner.

