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When your Doctor Orders a Stress Test...

A stress test is used to detect heart disease and identify blockages in the coronary arteries (coronary artery disease). Stress tests come in several flavors, and are usually combined with imaging of the heart to provide more accurate results. Images of the heart are obtained using a nuclear camera (myocardial perfusion imaging), or ultrasound (stress echocardiogram).

How does a stress test work?

Traditional stress testing involves exercising on a treadmill, which gradually increases heart rate and blood pressure under careful supervision. During exercise, blood flow to the working heart muscle increases significantly. When there is a blockage of the coronary artery, parts of the heart muscle cannot receive this increased blood flow. Any reduction of blood flow to the heart is detected during stress testing by studying the following information:

- Changes in the electrocardiogram (ECG)
- Changes in nuclear perfusion images
- Changes seen on echocardiogram (ultrasound)

Why are there Different Stress Tests?

Many patients have difficulty exercising on a treadmill. In these cases, your doctor may order an "adenosine" or "dobutamine" stress test that closely mimics the effects of regular exercise using a medication that is administered through a small IV. Sometimes, nuclear stress testing must be performed over two separate visits, in order to obtain the highest quality result.

When will I receive my results?

Your test will be performed and interpreted by a team of technologists, nurses, and cardiologists who have specific expertise in stress testing and stress imaging. We will make every attempt to call you with your stress test results **within four business days**. Please contact our office in the event you have not been notified of your results after this time.

The Different Stress Tests

Nuclear Stress Test:

- Treadmill Nuclear Stress
- Adenosine Nuclear Stress Test
- Dobutamine Nuclear Stress Test

Stress Tests with Echocardiogram

- Stress Echocardiogram
- Dobutamine Echocardiogram

Routine Treadmill Stress Test

For more information about stress testing and heart disease, please visit us at:

www.heartcc.com