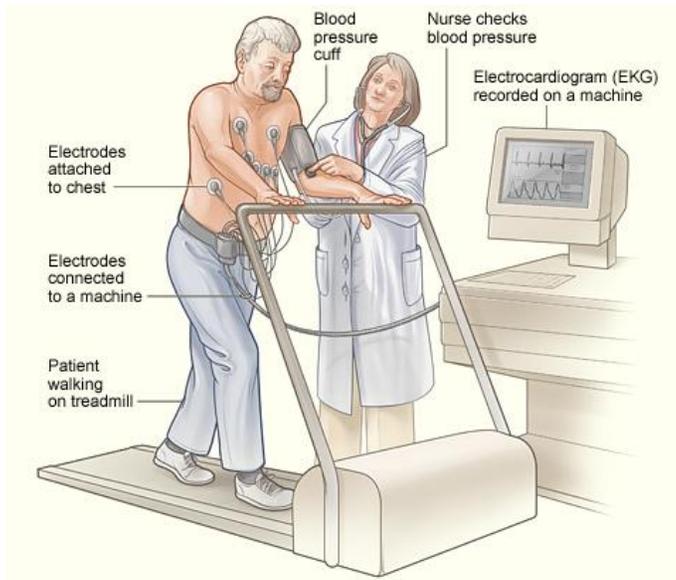


# Why did my Doctor order this test?

## STRESS TEST

Your doctor uses the stress test to:

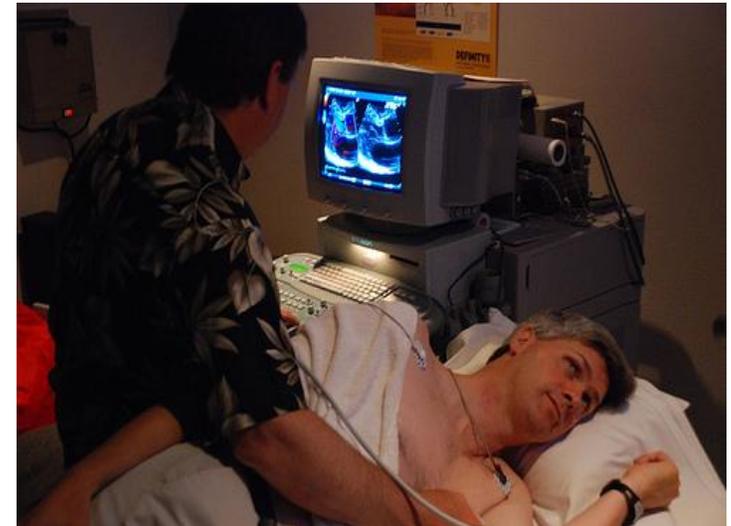
- Determine if there is adequate blood flow to your heart during increasing levels of activity.
- Evaluate the effectiveness of your heart medications to control angina and ischemia.
- Determine the likelihood of having [coronary heart disease](#) and the need for further evaluation.
- Check the effectiveness of procedures done to improve blood flow within the heart vessels in people with coronary heart disease.
- Identify [abnormal heart rhythms](#).



## ECHOCARDIOGRAM

Your doctor may perform an echocardiogram to:

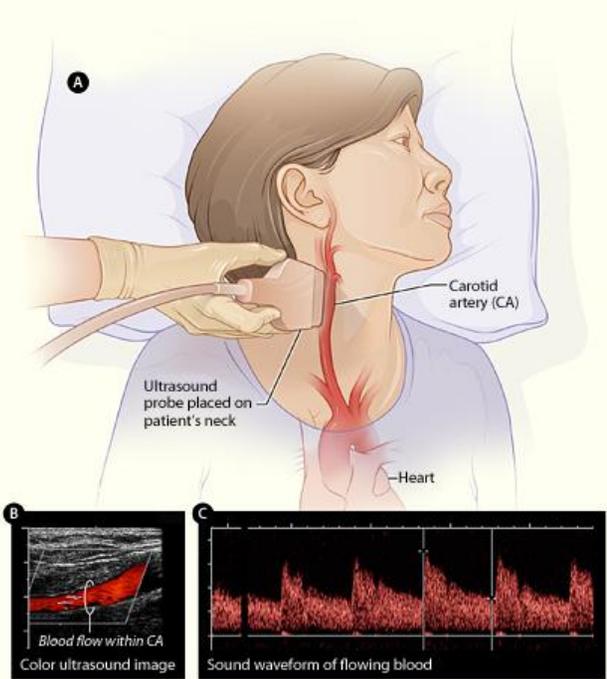
- Assess the overall function of your heart.
- Determine the presence of many types of [heart disease](#).
- Follow the progress of [heart valve disease](#) over time.
- Evaluate the effectiveness of medical or surgical treatments.



## CAROTID DOPPLER

Your doctor may perform a Carotid Doppler :

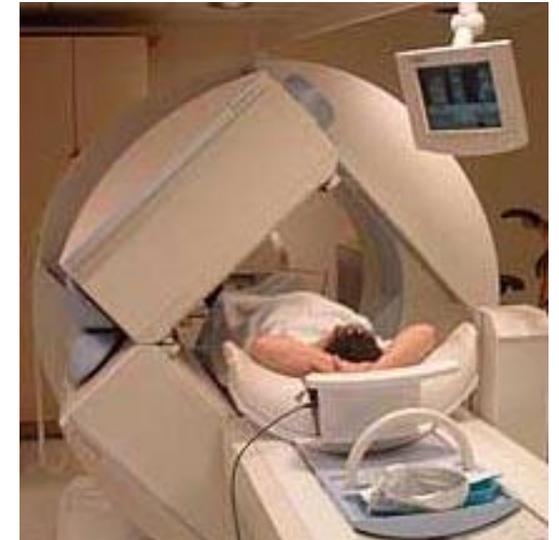
- To evaluate your carotid arteries. If there is narrowing of the one or both of these major arteries you are at much higher risk of having a stroke
- If you have an abnormal sound in your **carotid artery** called a carotid bruit
- **Post surgery to check normal blood flow or positioning of a stent**



## CARDIAC NUCLEAR TEST

Your doctor may order a Cardiac Nuclear Test:

- To identify the early detection of heart disease
- To evaluate heart function
- Check your risk of coronary artery disease (CAD)
- If you are at risk of future cardiac events such as MI, unstable angina, heart failure.
- To evaluate for medical or surgical treatment





## PFT- Pulmonary Function Test (study)

Pulmonary function tests are done to:

- Diagnose certain types of lung disease (especially asthma, bronchitis, and emphysema)
- Find the cause of shortness of breath
- Evaluate symptoms of chest pain, cough or wheezing
- See if the course of cardiac disease (congestive heart failure) has had any effect on your lung function

## Sleep Study

Reasons and Indications for a sleep study include:

- Snoring which disturbs your bed-partner
- Always tired
- Falling asleep whilst driving
- Disturbed sleep
- Waking up tired
- Waking up with a headache
- High blood pressure
- Depressed

A Sleep Study can help diagnose and treat Sleep Apnea and other sleep disorders – such as narcolepsy, night terrors, insomnia, restless leg syndrome etc (there are over 88 sleep disorders that can affect your overall health)



## HOLTER MONITOR

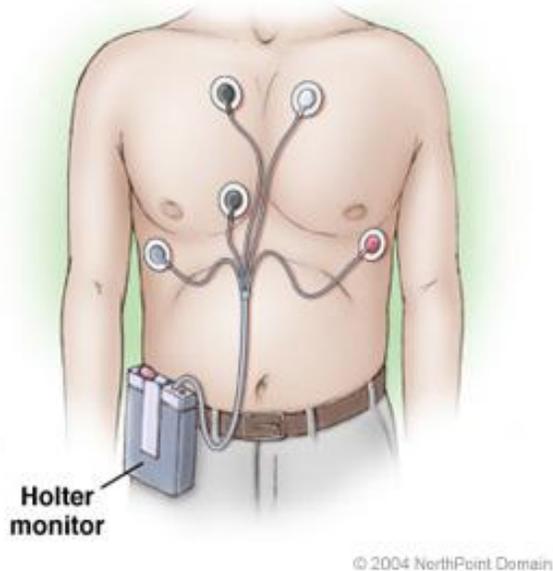
Holter monitoring is used to determine how the heart responds to normal activity.

The monitor may also be used:

- After a [heart attack](#)
- To diagnose heart rhythm problems
- When starting a new heart medicine

It may be used to diagnose:

- [Atrial fibrillation/flutter](#)
- [Multifocal atrial tachycardia](#)
- [Palpitations](#)
- [Paroxysmal supraventricular tachycardia](#)
- Reasons for [fainting](#)
- Slow heart rate (bradycardia)
- [Ventricular tachycardia](#)



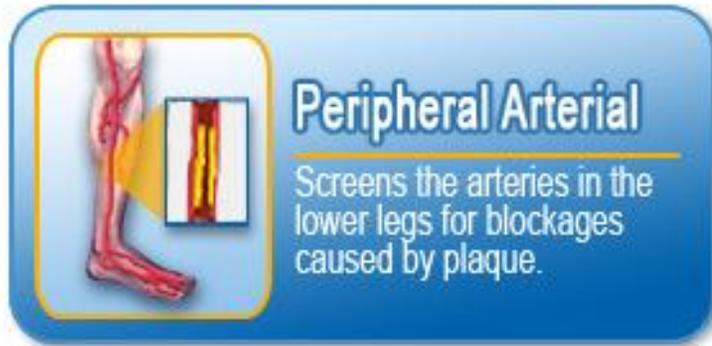
## AMBULATORY BLOOD PRESSURE MONITOR

Your doctor may recommend it for one or more of the following reasons:

- determining whether your blood pressure dips normally at night (ABPM is the only method for assessing nocturnal blood pressure)
- ensuring that blood pressure medications are working appropriately 24/7
- ascertaining whether symptoms experienced correlate with high or low blood pressure
- confirming “white coat” hypertension (when blood pressure rises in response to the stress of having it measured or being in a doctor’s office)



## Arterial Duplex – lower extremities



Your doctor may recommend it for one or more of the following reasons:

- It is a simple Doppler blood pressure measurement comparing the blood pressures at the ankles to the arm blood pressures.
- Some studies also indicate that patients with peripheral vascular disease in the lower extremities are at higher risk of coronary artery (Heart) disease.
- To check for a blood clot in an artery or a vein