

Heart Rhythm Monitoring

Many indications of heart trouble only occur during activities outside the doctor's office. Ambulatory electrocardiography—or heart rhythm monitoring—enables us to evaluate your heart's electrical impulses throughout your daily activities such as exercise, eating, emotional stress, and sleep.

Expertise in Matters of the Heart

Many people have irregular heartbeats (arrhythmias) from time to time, but they may not happen when you are being evaluated in your doctor's office. A portable Holter or event monitor can allow your doctor to review a larger sample of recorded heartbeats and identify abnormalities that only occur once in a while. With this information, your doctor can:

- determine if an arrhythmia is a sign of heart disease by considering the type of pattern it produces, how often it occurs, how long it lasts, and whether you experience symptoms at the same time.
- detect poor blood flow to your heart muscle (ischemia), which may be a sign of coronary artery disease (CAD).
- monitor the effectiveness of treatment for irregular heart rhythms.

Holter Monitoring

The most common heart rhythm monitor is called a Holter monitor. It is a lightweight recording device that is worn on a strap at your waist or over your shoulder. Two electrodes taped to your chest detect the electrical signals from your heart and transmit them to the recorder through small wires. The device is worn continuously for 24 hours. Wearing the monitor for just 24 hours allows your doctor to view about 100,000 heartbeats, compared to the



40 or 50 beats recorded on a standard electrocardiograph machine during your office visit.

While wearing the Holter monitor, you will be asked to keep a journal, noting times of all activities and symptoms. Use the monitor's clock display when you write down the exact times you exercise, climb stairs, eat, urinate, have a bowel movement, have sex, smoke cigarettes, sleep, become emotional, take medications, or perform other activities. If you experience symptoms such as dizziness, fainting, chest pain, or palpitations, mark the event on the recording by pressing the event-marker button on the device and describe the symptom in your journal.

The success of the Holter test depends on how carefully you record the times of your activities and symptoms.

Patient preparation: Make sure your health professional knows what medications you are taking and has copies of past EKG results on file.

Shower or bathe before being fitted with your Holter monitor, as you will not be able to do so during the recording period. Wear loose-fitting clothes without metal buttons or buckles, and no underwire bras, because these can interfere with the recording.

While you are wearing the monitor, avoid magnets, metal detectors, high-voltage areas, garage door openers, microwave ovens, and electric blankets. Do not use an electric toothbrush or shaver. Signals from these types of electronic equipment can cause interference.

King of Hearts Monitor

For symptoms that may not happen every day, an event monitor is an effective way to detect an arrhythmia.

A King of Hearts monitor is a recording device about the size of a deck of cards. Wires lead from the recorder to two electrodes, which are taped to your chest. The monitor has a button on it that you must press as soon as you experience a symptom. When the button is pressed, your EKG is recorded inside the device. Following the symptom, or heart event, you will transmit the information by telephone to the EKG monitoring staff.

You may be asked to keep the King of Hearts monitor for up to 30 days in order to obtain enough information to make a diagnosis. Accurate results

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Heart Center of the Rockies, the region's premier heart center, is dedicated to providing a comprehensive program of advanced cardiovascular care throughout Colorado, Wyoming and western Nebraska.

from cardiac event monitors depend on your remembering to start the recorder each time symptoms occur.

At the time you are given the King of Hearts monitor, you will also be given detailed instructions, including:

- How to take the monitor off, and reapply it as needed
- How to record a symptom
- How to transmit the EKG recordings by telephone

If you feel you may need help remembering instructions or performing these tasks at home, please bring someone with you to your session. This appointment will last about 30 minutes.

Patient preparation: Make sure your health professional knows what medications you are taking and has copies of past EKG results on file. Avoid using lotions or powders on the chest area to ensure that the electrodes adhere to the skin.

How it feels: The electrode sites may itch slightly while you are connected to your device, and the skin may be slightly irritated when the electrodes are removed. Both types of monitors are compact and lightweight, so carrying one is usually not uncomfortable.

Risks: There are no risks associated with heart rhythm monitoring. The electrodes detect electrical signals created within your heart. No electricity is sent through your body and there is no possibility of receiving an electric shock.

Test Results:

Test results will be discussed with you by your doctor.

You are scheduled for:

- Holter Monitor
- King of Hearts Event Monitor

Locations:

- Fort Collins – Harmony Campus
2121 E. Harmony Road, Suite 200
Fort Collins, CO 80528
(970) 297-6889, (800) 459-4241
- Fort Collins – Poudre Valley Hospital
1024 S. Lemay Avenue
Fort Collins, CO 80524
(970) 297-6889
- Medical Center of the Rockies
2500 Rocky Mountain Avenue
Loveland, CO 80538
(970) 297-6889
(800) 459-4241
- Estes Park
Estes Park Medical Center
555 Prospect Avenue
Estes Park, CO 80517
(970) 586-2317
- Fort Morgan Office
Heart Center of the Plains
1000 Lincoln Street, Suite 207
Fort Morgan, CO 80701
(970) 867-7900
- Greeley Office
Signature Office Park
6801 W. 20th Street
Suite 208
Greeley, CO 80634
(970) 330-9180
- Scottsbluff Office
Regional West Medical Plaza North
Two W. 42nd Street, Suite 2800
Scottsbluff, NE 69361
(308) 630-2626, (800) 459-4241
- Steamboat Springs Office
940 Central Park Drive, Suite 290
Steamboat Springs, CO 80487
(970) 870-1035
- Sterling Office
Heart Center of the Rockies
620 Iris Drive
Sterling, CO 80751
(970) 522-7266

Details of Your Upcoming Heart Rhythm Monitoring Test:

Appointment Date: _____

Appointment Time: _____

Please check in 15 minutes before your appointment.



For more information call (970) 221-1000, (800) 459-4241, or visit www.heartcenteroftherockies.com