

Mayo Clinic Minute: What is a cardiac stress test?

VIDEO	AUDIO
b-roll of stress test	TAKE 1 Stressing the heart might not sound like a safe thing for someone with a cardiovascular condition, but a cardiac stress test is an important tool for doctors.
Paul McKie, M.D. Cardiovascular Disease Mayo Clinic SULL0001 01:30	“We get information about the pumping function of the heart and specifically about the vessels which supply the blood flow to the heart.”
b-roll of stress test	TAKE 1 There are two types of cardiac stress tests.
Dr. McKie SULL0001 01:50	“The most common and the preferred approach is to exercise. So a patient may walk on a treadmill, they may exercise on a bike.”
b-roll of stress test	TAKE 1 Heart rhythm, blood pressure and breathing are monitored.
Dr. McKie SULL0001 03:11	“It’s only with exercise — when there’s more demands on the heart — can they not get enough blood flow around the blockage.”
b-roll of stress test	TAKE 1 If you’re not able to exercise, the other type of test is the use of medication to simulate the effects of exercise on the heart.
b-roll of stress test	TAKE 1 Your doctor may order a cardiac stress test to diagnose coronary artery disease and heart arrhythmias. It also can determine treatments if you’ve already been diagnosed with a heart condition.
Jason	TAKE 1 For the Mayo Clinic News Network, I’m Jason Howland.