

What You Need to Know: Cardiac Diagnostic Tests



WOMENHEART

THE NATIONAL COALITION FOR
WOMEN WITH HEART DISEASE

Cardiac tests help determine

- ✓ if you have cardiovascular disease
- ✓ the type of disease
- ✓ the severity
- ✓ the best treatment.

Blood work, tests that study the heart during exercise, scans and X-rays, and invasive procedures that look inside a vein or artery are different cardiac diagnostic tests.

NONINVASIVE DIAGNOSTIC TESTS

Exercise stress test with an ECG

Sensors are attached to your chest to measure how your heart responds to exercise.

Exercise stress test with an ECG plus medicine

Similar to a regular stress test with ECG, but medicine is also given to patient.



SPECT scan

A nuclear imaging test in which dye is mixed in your bloodstream, utilized to examine normal blood flow and blockages in your heart at rest.

PET scan

A nuclear imaging test in which dye is mixed with your bloodstream, which can show in detail a blockage and dead heart muscle tissue.

Cardiac MRI

A test that can produce a 2- or 3-dimensional image to show the structure of your heart, without any dye or medication.

CT perfusion

A new exam that can show dead heart muscle, or blockage in your heart, quicker than a SPECT or PET scan.



34.3%

age 80+

17.6%

age 60-79

8.3%

age 40-59

1.4%

age 20-39

Women living with heart disease

Your risk of heart disease increases with age

(Numbers do not include women living with hypertension.)

RESOURCES

www.womenheart.org
www.my.clevelandclinic.org
www.ahajournals.org

Circulation Research Volume 118, Issue 8

Circulation Volume 139, Number 10

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