

WOMENHEART  
THE NATIONAL COALITION FOR  
WOMEN WITH HEART DISEASE



Women's risk of heart disease increases with age. More than one in three women (34.3%) over the age of eighty years old have heart disease. Yet warnings signs may present years earlier. It's important for women to understand the signs, symptoms and risk factors for heart disease. Using scans, X-rays and sensors, health care providers can perform non-invasive diagnostic tests to help answer many questions about a woman's heart health. Then, together, women and their doctors can chart a course for treatment, if necessary, and prevention of future problems.

# CARDIAC DIAGNOSTIC TESTS



**WOMENHEART**

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1100 17th Street NW • Suite 500 • Washington, DC 20036  
P 202.728.7199 • F 202.728.7238 • [womenheart.org](http://womenheart.org)

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WOMENHEART: The National Coalition for Women with Heart Disease is the nation's first and still only patient centered organization serving millions of American women living with or at risk for heart disease — the leading cause of death in women. WomenHeart is solely devoted to advancing women's heart health through advocacy, community education, and the nation's only patient support network for women living with heart disease. WomenHeart is both a coalition and a community of thousands of members nationwide, including women heart patients and their families, physicians, and health advocates, all committed to helping women live longer, healthier lives. To learn more or to donate visit [womenheart.org](http://womenheart.org).

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## WOMENHEART

THE NATIONAL COALITION FOR  
WOMEN WITH HEART DISEASE

34.3%

age 80+

17.6%

age 60-79

8.3%

age 40-59

1.4%

age 20-39

**Women  
living with  
heart disease**

(Numbers do not include women  
living with high blood pressure.)

# What You Need to Know: Cardiac Diagnostic Tests

## 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.



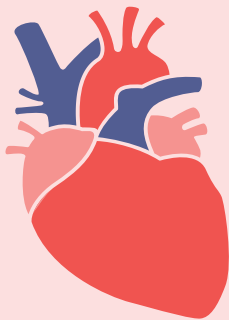
## Noninvasive Diagnostic Tests

### 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

An imaging test that uses radioactive tracers injected into the blood. The scan shows blood flow at rest and during exercise.

### PET scan

An imaging test that uses radioactive tracers injected into the blood. The scan 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

An exam in which a contrast agent is mixed with your bloodstream that shows the blood flow of the heart, quicker than a SPECT or PET scan.

## Resources

[www.womenheart.org](http://www.womenheart.org)  
[www.my.clevelandclinic.org](http://www.my.clevelandclinic.org)  
[www.ahajournals.org](http://www.ahajournals.org)

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