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 warning signs may present years earlier. It's important for women to understand the signs, symptoms, and risk factors for heart disease. Using diagnostic tests to help answer many questions about a woman's heart, scans, X-rays, and sensors, health care providers can perform non-invasive 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.
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.

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.

What You Need to Know: Cardiac Diagnostic Tests

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

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>age 80+</td>
<td>34.3%</td>
</tr>
<tr>
<td>age 60-79</td>
<td>17.6%</td>
</tr>
<tr>
<td>age 40-59</td>
<td>8.3%</td>
</tr>
<tr>
<td>age 20-39</td>
<td>1.4%</td>
</tr>
</tbody>
</table>

Resources

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

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