



Holter Monitor Detects Changes in Heart Rhythm



Small, portable device continuously records information about the heart's electrical activity over a 24-hour period.

A Holter monitor is like a long-term, portable EKG, or electrocardiogram, which records the heart's electrical activity while the patient carries on daily life. Several electrodes (small sticky patches) are applied to the chest and connected by wires to the recorder. The electrodes and wires are worn underneath clothing, and the recorder is carried with a shoulder strap. The monitor tape records the information for 24 hours or longer.

Why use a Holter monitor?

A Holter monitoring exam helps your physician determine how your heart responds to normal activities and cardiac medications. It is also used to:

- **Assess transient and abnormal heart rhythms.**
- **Assess pacemaker function.**
- **Evaluate symptoms** like dizziness, fainting, irregular heartbeats and shortness of breath.

Is it safe?

Very. There are no risks, pain or complications associated with a Holter monitor exam.

What are the benefits?

It's an easy way for your physician to learn about potential heart problems or to monitor an existing one.

How soon will you know the test results?

Your test is interpreted by a technician and confirmed by a physician within 24 hours. Your physician will contact you immediately if there are any serious abnormalities. Otherwise your physician will discuss the results with you at your next appointment.



electrodiagnostics

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