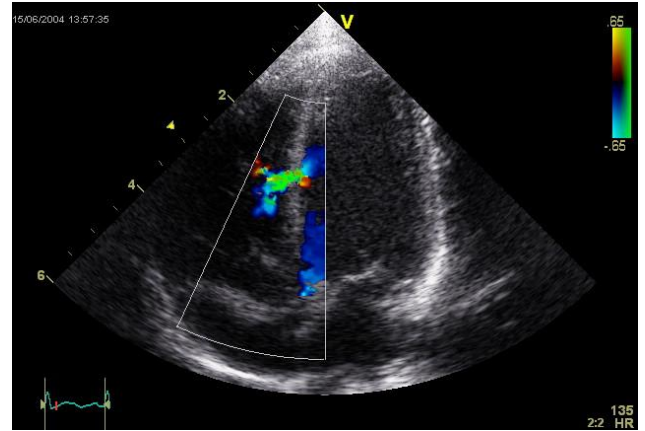


ECHOCARDIOGRAM

Also referred to as “cardiac echo” or sonogram of the heart. A simple diagnostic procedure that uses sound waves (“echoes”) to produce images of your heart to reflect the size and shape of the heart, pumping capacity, and location and extent of any tissue damage. This procedure is commonly used in the diagnosis, management, and follow-up of patients with suspected or known heart diseases.



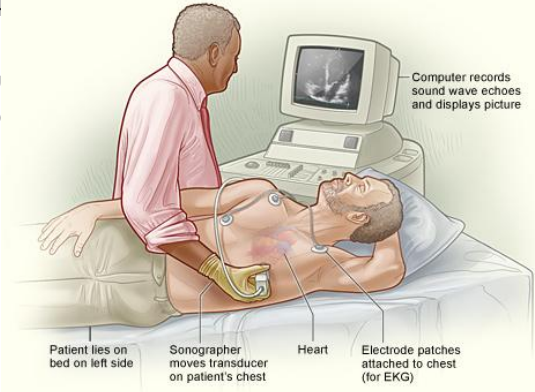
In our office, there are 2 types of echocardiograms performed – transthoracic echo and stress echo.

Who needs it?

Echocardiograms are recommended if:

- You have signs and symptoms of heart problems. Shortness of breath or swelling in the legs are signs of heart failure, a condition in which the heart cannot pump enough oxygen-rich blood to meet the body’s demands.
- Your doctor hears an abnormal sound during a heartbeat (heart murmur).
- You have known heart problems to help monitor progression or improvement of disease.

What to expect before, during, and after?

BEFORE	No special preparation is needed for prior to an echocardiogram performed in our office.
DURING	<p>During the test, you will be asked to lie down on your back and/or side on an exam table. You will be asked to lie on your left side. A sonographer will move a transducer over your chest to transmit ultrasound waves. The computer records sound wave echoes and displays pictures of the heart. Important pictures will be recorded for review by a cardiologist. During the test, you may be asked to change positions or hold your breath for short periods of time to allow the sonographer to capture better pictures of your heart. You may feel a little discomfort during the test when the sonographer applies pressure to your chest with the transducer. This helps to get a better image but please let the sonographer know if you feel too uncomfortable.</p>  <p>Labels in illustration: Patient lies on bed on left side Sonographer moves transducer on patient's chest Heart Electrode patches attached to chest (for EKG) Computer records sound wave echoes and displays picture</p>
AFTER	After the test, you will be able to speak with the doctor about the results and findings. You can generally resume normal activity right after having an echocardiogram.

Are there any risks I should be aware of?

No risks are associated with this test. The sound waves are harmless and the gel is easily removed off your skin.