



Dear Patient,

You have been scheduled for an exercise stress test. Please read this brochure thoroughly before the test. If you have any questions please do not hesitate to call us.

**Please do not take beta-blocker medications the day before or the day of your exercise stress test.** Please bring your medications to your appointment to take as soon as the test is completed.

**Beta-blockers include: (but not limited to)**

Coreg or Carvedilol  
Coragard or Nadolol  
Inderal or Propranolol  
Lopressor or Metoprolol  
Normadyne or Labetalol  
Tenormin or Atenolol  
Timolide or Metoprolol  
Toprol or Metoprolol  
Zebeta or Bisoprolol

If you have further questions regarding your medications, please contact the office.

**Please do not consume any caffeine or alcohol for at least 24 hours before your exercise stress test.**

# 770-442-1911

- Please take all of your daily medications as usual **EXCEPT beta-blockers** (see Beta-blockers list).
- Please refrain from eating or drinking anything (except water) for at least **TWO hours prior to the stress test.**
- Drink plenty of water up to this point to ensure that you are well hydrated.
- Wear comfortable work-out style clothing and running or athletic shoes. Women should be sure to wear a t-shirt or similar loose fitting top and a **sports type bra or bra without underwire.**
- Do not apply any aftershave, creams, lotions or powder to your chest and neck area the day of your test.
- Please arrive 15 minutes early so that you can be prepared for the test.

**Appointment Date:** \_\_\_\_\_

**Appointment Time:** \_\_\_\_\_

**Alpharetta**

3400-C Old Milton Parkway  
Suite 270  
Alpharetta, GA 30005

**Cumming**

1800 Northside Forsyth Dr.  
Suite 450  
Cumming, GA 30041

**Sandy Springs**

1150 Hammond Drive  
Building E, Suite 310  
Atlanta, GA 30328

**West Paces**

3200 Downwood Circle NW  
Suite 200  
Atlanta, GA 30327

**Braselton**

1255 Friendship Road  
Suite 130  
Braselton, GA 30517

**Johns Creek**

4235 Johns Creek Parkway  
Suite A  
Suwanee, GA 30024

**Sugar Hill**

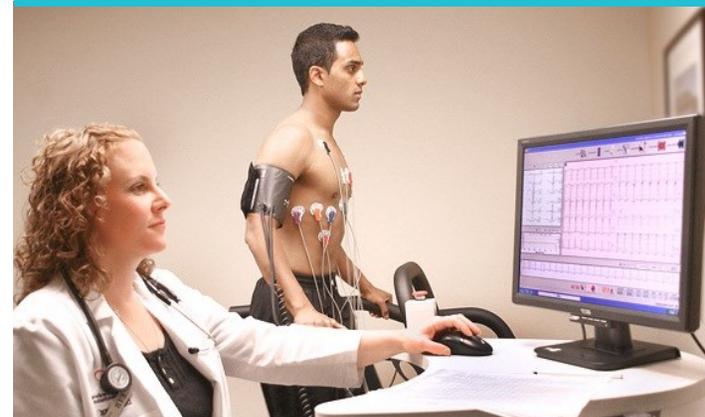
4700 Nelson Brogdon Blvd.  
Suite 250  
Buford, GA 30518

**Woodstock**

250 Parkbrooke Place  
Suite 300  
Woodstock, GA 30189

# Exercise Stress Testing

Healthcare the way it **Should** be!



## What is a Stress Test?

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A stress test is performed to obtain detailed data on how your heart performs during physical activity. When you exercise, your heart has to pump blood faster.

This test also help determine certain cardiovascular problems that are difficult to identify otherwise.

## Why do I need a Stress Test?

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### ✦ Recommendations

According to the **U.S. Preventative Services Task Force, the American Academy of Family Physicians** recommends exercise stress testing for those people whose jobs are linked to public safety (e.g. pilots or air traffic controllers) or that require high cardiovascular performance (e.g. police officers or firefighters).

**The American College of Sports Medicine** recommends exercise stress testing:

- Men over 40
- Women over 50
- Other asymptomatic persons with multiple cardiac risk factors
- Also, anyone who has led a relatively sedentary lifestyle and is about to begin a vigorous exercise program should undergo an exercise stress test

## What puts me at risk for heart disease?

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### ✦ Age

Men over age 40 and women over age 50 are at increased risk for heart disease.

### ✦ Family History

Talk to your parents, grandparents, siblings, aunts, and uncles about who has had a heart attack, stroke, or other serious health problem.

### ✦ Cholesterol

If you do not know your cholesterol levels, ask your doctor if it should be checked. To reduce (and to prevent) a high cholesterol level, limit how much cholesterol and saturated fat you eat and exercise regularly.

### ✦ Blood Pressure

Lifestyle changes that include losing weight, exercising, not smoking, cutting down on sodium (salt) intake, and limiting alcohol can help decrease your levels

### ✦ Smoking

Quitting is the single best option to better you health and lessen your risk factors.

### ✦ Diet

A diet high in saturated fat and cholesterol has been linked with heart disease and many other health problems.

### ✦ Weight

Being overweight puts extra strain on your heart and blood vessels. A high-fiber, low-fat diet and regular exercise can help you lose weight gradually and keep it off.

### ✦ Exercise

Exercise can help prevent heart disease and many other health problems. You'll also feel better and help keep your weight under control if you exercise regularly. If you haven't exercised for a while or have health problems, talk to you doctor before you start an exercise program.

## What you should know about exercise and your heart:

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### ✦ Questions/Answers

**Q:** I know I should exercise - particularly to help prevent heart disease - but I don't like such intense forms of activity such as running and bicycling.

**Is there any other way for me to get the health benefits of exercise?**

**A:** Many believe that only high-intensity exercise done regularly helps prevent heart problems, but exercising at a moderate level for 30 minutes at least 3 to 4 days per week is also effective.

Recent medical research has shown that women who walk briskly for at least 3 hours per week experience the same effect in reducing the risk of heart disease as regular vigorous exercise. These findings would most likely apply to men as well.

**Q: What are some other benefits of regular exercise?**

**A:** Besides aiding loss of body fat, regular exercise helps develop your muscles for overall strengthening and toning. It also increases your calorie-burning rate, so you lose weight more easily, and many people who exercise regularly report an enhanced feeling of well-being. In the long run, regular exercise improves the fitness of your heart, lungs, and other organs.

Before starting any exercise program, be sure to check with your doctor. Start out slowly, gradually increase how long and how hard you exercise over time.

Walking, swimming, and bicycling are excellent forms of healthy exercise.