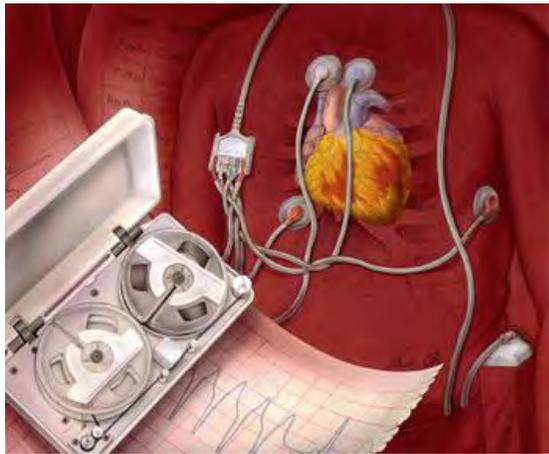


HOLTER RECORDER

■ WHAT IS A HOLTER RECORDER?

A Holter recorder is a device that continuously records the electrical activity of your heart for 24 hours. The recorder records your heartbeat while you perform your usual daily activities. You wear the recorder and keep a diary to report symptoms or events.



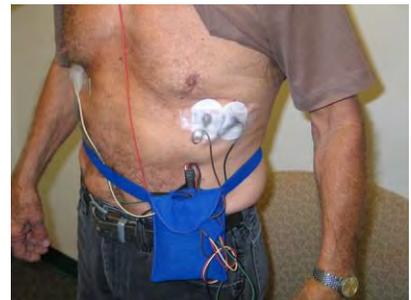
■ WHEN IS IT USED?

Holter recorders are used to record heart rhythm continuously and therefore digitally store any abnormality that might be occurring. Through such recordings, the effectiveness of heart rhythm medications can be assessed.

Symptoms such as dizziness, palpitations, shortness of breath, fainting spells and chest pain may have many different causes. A Holter recorder is used to find out if abnormalities in the heart's electrical system are causing your symptoms. Heartbeats that are either too fast or too slow may cause light-headedness or fainting. However, these symptoms may not last long enough to show up on an electrocardiogram in your doctor's office or in the emergency room. A Holter recorder can help identify people who are at higher risk of heart attack or sudden cardiac death. Holter recorders are a useful way to detect heart rhythm problems that otherwise might remain hidden.

■ WHAT HAPPENS DURING THE TEST?

A technician will apply several electrodes around your chest. The electrodes are attached to a small recording device. You will be given a diary to record your activities in. During the test, you should do all of your normal daily activities. Do not plan to "take it easy" during the test; your doctor needs to see how your heart is doing under its normal routine. You should also record all symptoms you experience (chest pain or discomfort, dizziness, palpitations, etc) while you have the Holter recorder.



You should wear loose fitting clothes while you have the recorder and should not shower or bathe during the 24-hour time period. The technician will provide some extra electrodes in case an electrode falls off during the testing period. After the recording period, you will return to the office, where a technician will remove the recorder and electrodes.

■ WHAT HAPPENS AFTER THE TEST?

The recording will be scanned by technicians and then reviewed by your physician. Your doctor will review the results with you at your next appointment or sooner if necessary. Your doctor will discuss further testing or treatment options with you at that point. Sometimes, such as when you are taking new medicine, repeated monitoring may be required.

■ WHAT ARE THE RISKS AND LIMITATIONS OF HOLTER RECORDING?

Holter recording is not invasive and carries no health risks. Some patients have heart rhythm problems that occur so infrequently that they may not be detected during a 24-hour period. If your doctor determines this to be your situation, he may recommend further or different testing.