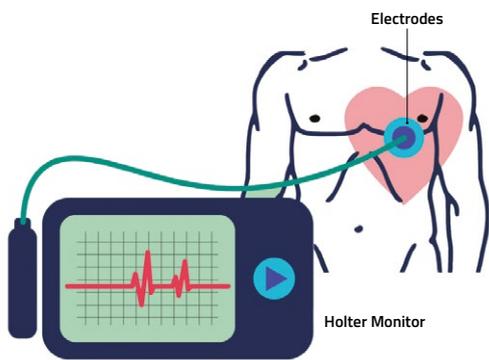


HOLTER MONITORING



Restoring Rhythm of Life



Why Do You Need Holter Monitoring?

Symptom Correlation: Your doctor may recommend Holter monitoring if you experience symptoms such as palpitations, fainting, or dizziness. The device helps find a correlation between these symptoms and your heart rhythm.

Detection of Transient Disorders: This test is valuable for detecting transient heart rhythm disorders that might not be apparent during a standard ECG.

Diagnosis of Arrhythmias: It helps diagnose heart rhythm abnormalities, including serious arrhythmias, and is used to monitor the effects of new heart medications.

Post-Procedure Monitoring: After certain heart procedures, Holter monitoring is useful for closely tracking heart rhythms as a follow-up to ensure proper recovery and detect any complications early.

Holter monitoring provides essential data that aids in the accurate diagnosis and management of various cardiac conditions, ensuring timely and appropriate medical intervention.



Holter Monitoring

Holter Monitoring is a non-invasive test designed to record the electrical activity of your heart over a period of 24 to 48 hours. During this time, you must wear the monitor continuously, even while engaging in your daily activities. The device will capture detailed information about your heart rate and rhythm, which your cardiologist will later analyse to identify any abnormalities or signs of heart rhythm disorders. This comprehensive monitoring helps in diagnosing and managing various cardiac conditions effectively.

What is a Holter Monitor?

A Holter monitor is a portable, wearable device that continuously records your heart's electrical activity (ECG). It offers a comprehensive view of your heart's rhythm during your daily activities. This compact, battery-operated device, approximately the size of a mobile phone, uses cables and electrodes attached to your skin to capture the necessary data.

What Does a Holter Monitor Show?

- Heart rhythm
- Heart rate
- Electrocardiogram (ECG) tracings

The information gathered by the Holter Monitor is crucial for diagnosing and monitoring various heart conditions.

What Does a Holter Monitor Detect?

Atrial Fibrillation (AF):

A common arrhythmia characterised by irregular heartbeats. Holter monitors diagnose AF, monitor its severity, and evaluate the response to treatment.

Ventricular Arrhythmias:

These potentially life-threatening arrhythmias, such as ventricular tachycardia (VT) or ventricular fibrillation (VF), are monitored to assess the risk of sudden cardiac events.

Sinus Node Dysfunction:

This condition is associated with the sinus node and may cause abnormally fast or slow heart rhythms. Sinus arrest or pauses can lead to syncope (fainting).

Holter monitors provide valuable information to detect and manage these and other heart rhythm disorders, contributing to effective treatment and improved patient outcomes.

How Do I Prepare for a Holter Monitor?

Before the Holter monitor is attached, it's advisable to take a shower. This ensures that your skin is clean and free of oils, which helps the electrodes adhere better. The technologist may shave small areas on your chest where they'll attach the electrodes to ensure good contact.

Once the electrodes are attached, the device will be kept in a pouch and can be hung around your neck or kept in a pocket. It will continuously record your heart activity while you go about your daily routine.

What to Expect During Holter Monitoring?

Discomfort

The electrodes and wires may cause mild discomfort, but most patients adapt quickly.

Normal Activities

You are encouraged to go about your daily routines as usual. However, you should avoid activities that could submerge the monitor in water, such as swimming or bathing.

Symptom Documentation

It is essential to document any symptoms you experience, such as palpitations, dizziness, or chest pain. This information helps correlate symptoms with the recorded heart activity.

Return Appointment

After the monitoring period, you will return the device. The recorded data will then be analysed by a cardiac nurse or technologist.

Are There Activities I Should Avoid While Wearing the Holter Monitor?

While wearing your cardiac monitor, you should avoid:



Bathing, showering, or swimming.



Undergoing an X-ray.



Getting close to high-voltage areas or metal detectors.

To obtain your results, follow these steps:



Transfer the data from the monitor to a computer for analysis by your healthcare provider.



The report will typically be ready within one working day.



Schedule a follow-up appointment to discuss the results and their implications with your provider.

Operating Hours

Monday - Friday | 8:30am to 5:00pm
 Saturday | 8:30am to 1:00pm
 Sunday and Public Holidays | Closed



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