

Stress test / ECG

The stress test or exercise ECG is an electrocardiogram that is recorded during physical activity on a treadmill or an ergometer

It is used for evaluating your **heart and circulatory function** by measuring the electrical activity of your cardiac muscle fibers and is displayed in curves which can then be interpreted.

A stress test should be considered if the following applies:

- cardiac risk factors (high cholesterol or blood sugar levels, high blood pressure and stress as well as familial aggregation of heart disease)
- for checking thoracic pain and shortness of breath
- if you had a heart attack
- after receiving a stent and/or bypass operations
- heart valve disease
- cardiac arrhythmias
- before and after taking up physical exercise
- from the age of 40 on

A stress test can help detecting:

- blood flow disorders
- cardiac arrhythmias
- high blood pressure (hypertonia)
- degree of physical resilience

Your benefits

Stress tests can help in **early detection** of heart diseases and allow **early treatment**.

At the same time **therapeutic measures can be monitored** and allow an **evaluation of your physical resilience**.

Stress tests serve your health: A healthy heart is essential for your well-being and your performance capability.