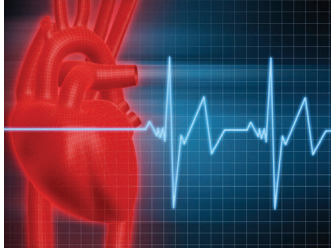


Cardiac Services

555 Herndon Pkwy, Suite 100
Herndon, VA 20170
Phone: 703-481-1505



This guide is to assist you in understanding the many different diagnostic tests associated with cardiac conditions. We can perform these tests conveniently and confidentially within our offices.

Please call 703-481-1505 to schedule a testing appointment.

Diagnoses:

- ♥ Hypertensive Heart Disease
- ♥ Atrial Fibrillation
- ♥ Cardiomegaly
- ♥ Syncope and Collapse
- ♥ Cardiac Murmur
- ♥ SOB
- ♥ Chest Pain
- ♥ Abnormal EKG

Test: Resting Echocardiogram

An echocardiogram is a test in which ultrasound is used to examine the heart. It is a painless procedure that uses a clear liquid gel to obtain images. An echocardiogram (2-D Echo) is capable of displaying a cross-sectional picture of the beating heart, including the chambers, valves and the major blood vessels that exit from the left and right ventricle. The echocardiogram also uses Doppler, which assess blood flow (direction and velocity). Also, echocardiography can assess the pumping ability of each chamber of the heart and also the movement of each visualized wall.

Diagnoses:

- ♥ Diabetes w/ peripheral circulation Disorders
- ♥ Rest pain
- ♥ Pain in Limb
- ♥ Localized Superficial Swelling Mass/Lump

Test: Peripheral Arterial

This is a non-invasive assessment of the arterial flow in the lower extremities with the use of a Doppler spectrum analysis, real-time ultrasound imaging, exercise testing and segmental pressures. Peripheral artery scanning can also assist in the diagnosis of aortic, iliac, femoral and popliteal aneurysms.

Diagnoses:

- ♥ Bruit
- ♥ Dizziness
- ♥ Syncope
- ♥ Cerebral Atherosclerosis
- ♥ Amaurosis Fugax
- ♥ Intractable Migraine

Test: Carotid Duplex

Carotid ultrasound shows whether a material called plaque has narrowed your carotid arteries. Plaque is made up of fat, cholesterol, calcium, and other substances found in the blood. It builds up on the insides of your arteries as you age. Early detection may help prevent a stroke.

Diagnoses:

- ♥ Tobacco Abuse
- ♥ Connective Tissue Disease
- ♥ Abdominal Aortic Aneurysm (AAA) without rupture
- ♥ Abdominal pain
- ♥ Family History of AAA

Test: Abdominal Aorta Scan

The technologist systematically interrogates the entire length of the abdominal aorta as well as the common iliac arteries for the presence of an enlargement. Aortic and common iliac velocity measurements and waveforms are obtained using Doppler. The mesenteric and renal arteries are not evaluated during this study.

Diagnoses:

- ♥ Peripheral Vascular Disease
- ♥ Pain in Limb
- ♥ Swelling of Limb
- ♥ Localized Superficial Swelling mass/lump
- ♥ Edema

Test: Peripheral Venous

This test is a duplex imaging of either the upper or lower extremity venous system. A Peripheral Venous Scanning evaluation will detect deep or superficial thrombosis of the one or both extremities and is very useful in ruling out any venous thrombosis in cases of limb swelling and pulmonary emboli. The evaluation of saphenous vein to verify its appropriateness for coronary bypass can also be determined.

Diagnoses:

- ♥ Left/Right Bundle Branch Block
- ♥ Atrial Flutter
- ♥ PVC/PAC
- ♥ Cardiac Dysrhythmia
- ♥ Palpitations

Test: Holter Monitoring

A Holter monitor is a continuous tape recording of a patient's EKG for 24 hours. Since it can be worn during the patient's regular daily activities, it helps the physician correlate symptoms of dizziness, palpitations (a sensation of fast or irregular heart rhythm) or black outs. Since the recording covers 24 hours, on a continuous basis, Holter monitoring is much more likely to detect an abnormal heart rhythm when compared to the EKG which lasts less than a minute. It can also help evaluate the patient's EKG during episodes of chest pain, during which time there may be tell-tale changes to suggest ischemia or reduced blood supply to the muscle of the left ventricle.

Diagnoses:

- ♥ Abnormal EKG
- ♥ Painful Respiration
- ♥ Chest Pain
- ♥ Syncope
- ♥ Cardiovascular Disease
- ♥ Angina
- ♥ Old MI

Test: Stress Echocardiogram

Stress echo's can be performed in the primary care office were there is a treadmill available. Imaging tests are generally obtained when a physician wishes to confirm or rule out the presence of coronary artery disease. The technologist will obtain a set of resting images before the patient is put on a treadmill, the patient will exercise until the maximum heart rate is achieved, and then the patient will then rapidly be imaged impost to assess wall motion.

Diagnoses:

- ♥ Post heart attack or stroke monitoring, (Secondary Prevention)
- ♥ Family history of cardiovascular disease, (Primary Prevention)
- ♥ Smoking
- ♥ Obesity (BMI >30)
- ♥ High LDL or Low HDL cholesterol level
- ♥ A positive EBT calcium score
- ♥ Diabetes
- ♥ Elevated Lipoprotein (a)
- ♥ Hypertension (high blood pressure)
- ♥ Sedentary lifestyle

Test: IMT (Intima Media Thickness)

IMT scanning measures the thickness of the walls of your arteries and also detects the presence of plaque in the arteries. Plaque is ten times more predictive of heart attack and strokes (than simply information on narrowing of the arteries); the results are even more dramatic in females. In other words, finding plaque is more important than determining how narrow the arteries have become. The average thickness of the intima media is then compared with the intima media thickness of people the same age and gender to arrive at an arterial "age."

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Your Medical Home!

**Your Medical
Home**

A complete evaluation of cardiac condition and cardiac risk factors is recommended before starting any vigorous exercise program (American College of Sports medicine).

Dr. Weaver offers an evaluation that includes identification of the cardiac risk factors that can increase your chance of developing heart disease, a cardiac exam including an EKG, an estimation of the chances of developing heart disease over the next ten years and a complete EXERCISE STRESS TEST. Pre-exercise evaluations of this scope are generally not covered by insurance.

Dr. Weaver is a Board Certified Family Practice physician who has been practicing in the Herndon area for over 20 years. He has extensive experience in sports medicine and cardiac testing. CV is available upon request.

This evaluation takes approximately 30 minutes and costs \$200.00. Interviews and testing are performed at Herndon Family Medicine, 555 Herndon Parkway, Suite 100, Herndon, VA. 20170

Call 703-481-1505 for more information or to schedule a complete cardiac evaluation.