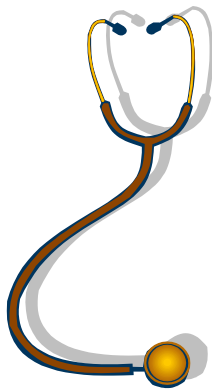


## Dr. Monika S. Bogal

How can a Cardiovascular Stress Test help my health condition?

When Dr. Bogal gives a patient a echo stress test she assesses blood pressure, evaluates proper heart function, the likelihood of coronary artery disease, and other types of heart disease.



### Directions

### Address:



120 E 86 Street (between Park Ave. and Lexington Ave.)  
New York, NY 10028  
Tel: (212)427-2000

### Directions:

#### Subway:

Take the **4**, **5** or **6** to 86 St. station on Lexington Avenue. Walk west 1/2 block.

#### Buses:

- Take the Cross-town 86 bus to Park Avenue. Walk 1/2 block east to the office.
- There are several buses traveling up/downtown. You can take 1, 2, 3, 4, 98, 101, 102 or 103 to 86 St. From there either walk or take the Cross-town 86 to Park Avenue. Walk 1/2 block east to the office.

#### Driving:

We are located on the south side of 86 Street between Park Avenue and Lexington Avenue. There is a parking garage next door and many others within a 3-4 block radius of the office. There is plenty of street parking.



## Monitoring Your Heart

**Heart disease has become the leading cause of death among Americans, accounting for more deaths each year than all cancers combined. In fact, 50,000 more women than men die from heart disease each year. Women with diabetes have an 80% chance of dying from coronary artery disease (CAD). CAD is overlooked and underdiagnosed many times in patients. We feel it is an essential part of healthcare to have your heart evaluated by a physician on a yearly basis.**



### Appointment Date/Time:

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**Monika S Bogal, M.D.,**  
Cardiologist and Interventional Cardiologist

# Exercise Stress Echo Test

## What happens during the test?

### Questions and Concerns:



What is an exercise stress echo test?

An echocardiogram “echo” is a graphic outline of the heart’s movement, valves and chambers created from high-frequency sound waves that come from a hand-held wand placed on your chest. The echo machine will evaluate blood flow across the heart’s valves and the movement of the heart muscle.

The test is used to evaluate:

- How well your heart tolerates activity;
- The function of your heart and valves;
- Your likelihood of having coronary artery disease; and
- The effectiveness of your cardiac treatment



**Can I eat or drink on the day of the test?** Yes. However, DO NOT eat or drink anything except water for 4 hours before the test. DO NOT drink or eat caffeine products for 24 hrs before the test. Caffeine will interfere with the results of your test.

**Should I take my medications the day of the test?** Since many over-the-counter medications contain caffeine, DO NOT take any over-the-counter medication that contains caffeine for 24 hrs. before the test.

**What should I wear the day of the test?** Wear comfortable clothes. Bring shoes suitable for walking.

**How long does the test take?** The appointment will take about 60 minutes. The actual exercise time is usually between 7 and 12 minutes.

**How do I get the results of my test?** After the cardiologist reviews your test, the results will go into your electronic medical record. Your physician will have access to the results and will discuss them with you.

**How will I feel during the test?** You will be encouraged to exercise as much as you can. It is normal for your heart rate, blood pressure, breathing and perspiration to increase. This information will allow your physician to assess your heart’s ability to function. It is normal to feel a little unsteady when getting off the treadmill and onto the exam table for the echo cardiogram. If you begin to notice chest discomfort, excessive shortness of breath, lightheadedness, irregular heart beats or other symptoms of concern, tell the stress lab personnel immediately.

**Guidelines for people with diabetes:** If you take insulin, ask your doctor what amount of medication you should take the day of the test. Often, your physician will tell you to take only half of your usual morning dose and to eat a light meal 4 hrs. before the test. If you take pills to control your blood sugar, do not take your medication until after the test is complete. **Do not take your diabetes medication and skip a meal before the test.**

- A nurse will place 10 electrodes on your chest. The electrodes are attached to an electrocardiograph monitor (EKG) that charts your heart’s electrical activity during the test.
- Before you start exercising, the sonographer will perform a resting EKG, measure your resting heart rate and take your blood pressure.
- The sonographer will ask you to lie on your left side on an exam table so he or she can perform a resting echocardiogram. An echocardiogram is a graphic outline of the heart’s movement created from ultrasound vibrations echoed from the heart’s structures. The technician will place a wand on your chest so the physician can see the outline of the heart’s movement. *This should not hurt.*
- After the echo test, you will exercise on a treadmill.
- The lab personnel will ask you to start exercising and gradually increase your rate of exercise. You will be asked to exercise until you are tired.
- At regular intervals, the lab personnel will ask how you are feeling. Please tell them if you feel chest, arm or jaw pain or discomfort, short of breath, dizzy, lightheaded or if you have any other unusual symptoms.
- The lab personnel will watch for changes on the EKG monitor that suggest the test should be stopped.
- When you cannot exercise any longer, you will get off the treadmill, quickly return to the exam table and lie on your left side so the sonographer can perform another echocardiogram.