The Analyzed Holter Report Includes:

- Hourly summaries of the minimum, maximum and average heart beats for the 24-hour period.
- Abnormal slowing of the heart beat (called Bradycardia) and abnormal fast heartbeats, (called Tachycardia).
- Analysis of a particular portion of the EKG signal which may indicate a problem with poor blood flow to the heart muscle, (called ischemia).
- Measurement of any pauses in the heartbeat.
- Evaluation of pacemaker functioning, (if one is present).
- Evaluation of the effectiveness of certain cardiac medications.

We hope this brief introduction to Holter Monitoring has provided you with a better understanding of this simple, yet valuable test. The Holter Monitor continues to provide reliable and important information in the detection of the disorders of the heart. It has undergone many refinements with age and with the development of powerful computers, its accuracy has improved immensely. It remains one of the most commonly utilized tests in the field of cardiology.
While an EKG, done in your physician's office generally records 20-60 heartbeats, the Holter Monitor records closer to 100,000 heartbeats over 24 hours.

The Holter Monitor is a simple device to apply to a patient.

- Five to seven ECG electrodes will be attached to the skin to record the electrical activity of the heart.
- The Holter Monitor will be connected to the electrodes by thin wires.
- With the use of a belt or shoulder harness, the Holter Monitor can be worn comfortably by the patient.
- Patients are encouraged to perform their daily activities while wearing the device with the exception of bathing, showering, swimming or any activity that would get the monitor wet. If the Holter Monitor gets wet, the electrical circuitry will be damaged.

Before you leave the physician's office, you will be provided with a Holter diary.

- You will record your normal activities as well as any symptoms and the times that these events occurred.
- Proper entries in the diary are very important for the accurate interpretation of your Holter Monitor. For example, a heartbeat of 160 beats per minute may be normal for someone who is exercising but would be abnormal for someone who is reading a book.

### Holter Monitor Diary

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
<th>SYMPTOMS</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:15 AM</td>
<td>walking 2 miles</td>
<td>chest pain</td>
</tr>
<tr>
<td>1:20 PM</td>
<td>having lunch</td>
<td>dizzy spell</td>
</tr>
<tr>
<td>3:50 PM</td>
<td>watching TV</td>
<td>heart fluttering</td>
</tr>
</tbody>
</table>

- The diary allows the proper correlation between the findings on the Holter tape and potential heart rhythm disturbances.
- You should carry the diary with you at all times while wearing the Holter Monitor and record any activities or symptoms as well as what time they occurred.
- The time these activities or symptoms occurred should be recorded off of the clock on the Holter Monitor itself (not your wrist watch or wall clock since only the time on the Holter Monitor correlates to the time on the cassette tape).