

This service is available to any patient although a doctor's referral is required.

The cost of Cardiac Stress Testing and Holter Monitoring are provided to patients at time of referral.

Our Cardiac Clinics runs as required by appointment.

Cardiac Health

In the heart of Emerald

Central Highlands Healthcare is pleased to offer extended cardiac health services in the Central Highlands by partnering with Advara Care. This partnership provides local people with access to cardiac stress testing and Holter monitoring services that they would usually travel to the coast to access.



Find out more

For more information about this service speak to your local General Practitioner or telephone 07 4986 7400



Operating times

The Heart of Emerald Cardiac Clinic runs as required by appointment through Emerald Medical Group.



1 Pilot Farm Road, Emerald QLD 4720



PO Box 1844, Emerald QLD 4720



07 4986 7400



enquiries@chhealth.com.au



**Heart
Health
Services**





Cardiac Clinic services

What is a Stress Test?

A stress test helps determine how well the heart works under stress. The test involves exercise on a treadmill. During difficult exercise, the body needs more oxygen, so the heart needs to pump harder to provide it. By showing whether the blood supply is reduced in the arteries that supply the heart, a doctor can use a stress test to determine whether there is coronary artery disease present, and if so, the severity.

Who needs a Stress Test?

Doctors may recommend a stress test in order to:

- diagnose coronary artery disease
- diagnose a complaint relating to chest pain, shortness of breath or light-headedness
- determine a safe level of exercise
- determine the effectiveness of procedures done to improve coronary artery circulation in patients with coronary artery disease.
- predict the rise of dangerous heart-related conditions such as heart attacks.

For more information about this service speak to your local General Practitioner or telephone 07 4986 7400

What is a Holter Monitor?

A Holter monitor is also known as an ambulatory ECG monitor. A Holter monitor records heart rhythms for an entire 24-hour period.

Wires from electrodes on the chest are attached to a battery operated recording device carried in a pocket or worn on a belt or shoulder strap. Whilst wearing the device, patients must keep a diary of activities and symptoms. This diary is compared with the electrical recordings to determine the cause of symptoms.

Event recording can also use a holder monitor. A doctor might suggest this device if symptoms are infrequent. It is similar to a holter monitor, except that it allows the patient to record an ECG just when the symptoms occur.

Heart Health Checks

We are proud supporters of Heart Health Australia by continuing to provide free heart health checks every year to promote health within our community.