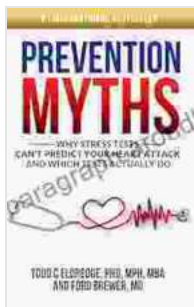


# Why Stress Tests Can Predict Your Heart Attack And Which Tests Actually Do

Stress tests are a common way to assess your risk of heart attack. They involve monitoring your heart's activity while you exercise or are given medication to increase your heart rate. The results of a stress test can help your doctor determine if you have any underlying heart conditions that could lead to a heart attack.



## Prevention Myths: Why Stress Tests Can't Predict Your Heart Attack and Which Tests Actually Do by Todd Eldredge

★★★★☆ 4.7 out of 5

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There are two main types of stress tests: exercise stress tests and pharmacological stress tests. Exercise stress tests involve walking on a treadmill or riding a stationary bike while your heart's activity is monitored. Pharmacological stress tests involve taking medication to increase your heart rate while you lie on a table. Both types of stress tests can be used to assess your risk of heart attack, but exercise stress tests are generally considered to be more accurate.

The results of a stress test are reported as a "stress score." A higher stress score indicates a higher risk of heart attack. The stress score is based on several factors, including the amount of time it takes for your heart rate to return to normal after exercise or medication, and the presence of any abnormal heart rhythms.

Stress tests are not always accurate. There are a number of factors that can affect the results of a stress test, including your age, gender, and fitness level. Stress tests are also not always able to detect all heart conditions that could lead to a heart attack. For example, stress tests may not be able to detect coronary artery disease, which is the most common cause of heart attacks.

Despite their limitations, stress tests can be a valuable tool for assessing your risk of heart attack. If you have any symptoms of heart disease, such as chest pain, shortness of breath, or fatigue, your doctor may recommend that you have a stress test.

### **Which Stress Tests Actually Predict Heart Attacks?**

Not all stress tests are created equal. Some stress tests are more accurate than others at predicting heart attacks. The most accurate stress tests are those that use exercise to increase your heart rate. Treadmill stress tests and bicycle stress tests are two common types of exercise stress tests.

Pharmacological stress tests are less accurate than exercise stress tests at predicting heart attacks. However, pharmacological stress tests may be used if you are unable to exercise due to a physical disability or other medical condition.

The following table shows the accuracy of different types of stress tests at predicting heart attacks:

Stress Test	Accuracy	Exercise stress test	85-90%
		Pharmacological stress test	70-80%

## How to Interpret Your Stress Test Results

The results of your stress test will be reported as a stress score. A higher stress score indicates a higher risk of heart attack. The stress score is based on several factors, including the amount of time it takes for your heart rate to return to normal after exercise or medication, and the presence of any abnormal heart rhythms.

Your doctor will use your stress score to assess your risk of heart attack and recommend the best course of treatment. The following table provides a general guide to interpreting your stress score:

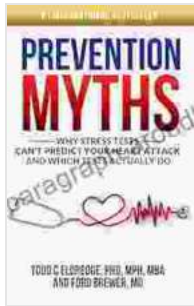
Stress Score	Risk of Heart Attack	0-9	Low risk	10-19	Moderate risk	20+	High risk
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It is important to note that stress tests are not always accurate. There are a number of factors that can affect the results of a stress test, including your age, gender, and fitness level. Stress tests are also not always able to detect all heart conditions that could lead to a heart attack.

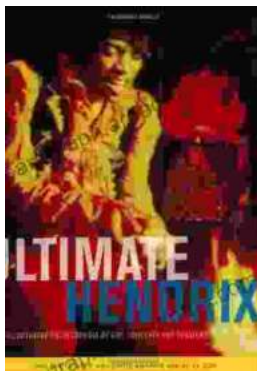
If you have any questions about your stress test results, talk to your doctor.

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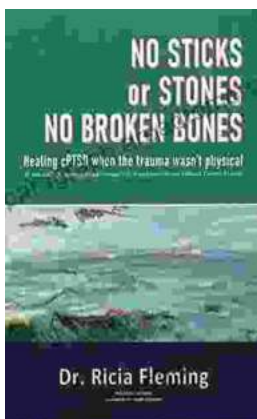


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