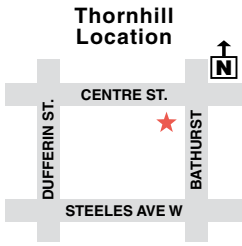




# The Healthy Way

## CARDIOLOGY CENTRE



1-7700 Bathurst Street  
Thornhill, Ontario, L4J 7Y3

153-2960 Drew Road  
Mississauga, Ontario, L4T 0A5

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Tel: 905-597-7111  
Fax: 905-597-7114

Tel: 905-677-2500  
Fax: 905-677-2507

info@TheHealthyWayCardiologyCentre.com

PATIENT NAME: \_\_\_\_\_

DATE OF BIRTH: \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
MM DD YYYY

HEALTH CARD #: \_\_\_\_\_ VERSION CODE \_\_\_\_\_

### CARDIOLOGIST

- Dr. Esam Elbarasi
- Dr. S.K. Mukherjee
- Dr. Adriana Luk

### CARDIAC TESTING

- 2D Colour Doppler Echocardiography (ECHO)
- Treadmill Stress Echocardiogram (Stress Echo)
- Graded Exercise Test (GXT)
- Cardiac Loop Event Recorder (LER)
- Holter Monitor       48 hr.       72 hr.
- Electrocardiogram (ECG)
- Ambulatory Blood Pressure Monitor (ABPM)\*

\*Not covered by OHIP

### CARDIOLOGY CONSULTATION

- URGENT (1-2 WEEKS)
- SEMI-URGENT (2-4 WEEKS)
- CONSULTATION IF ABNORMAL TEST (1-2 WEEKS)

REASON FOR REFERRAL \_\_\_\_\_

\_\_\_\_\_

### INDICATIONS

- Chest pain/known coronary artery disease
- Intermediate to high global CAD risk based on Framingham risk score
- Hypertension/Hypertensive heart disease
- Assess functional capacity prior to structured exercise program (GXT)
- Cardiac Murmur/Valvular heart disease
- Shortness of breath
- Palpitations/arrhythmia
- Syncope/Recurrent presyncope
- Stroke/TIA/Cardiac Source of Embolus
- Significant family history of coronary artery disease

Other \_\_\_\_\_

\_\_\_\_\_

### IMPORTANT NOTICE

- Please send updated medications list.
- Please send latest lab results.
- Please send relevant cardiac testing done prior.

Send Copies To: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_

Physician's Fax: \_\_\_\_\_



## INSTRUCTIONS

### **Please arrive 10 minutes prior to your appointment time**

- Bring your referral form for cardiac test.
- Bring your valid health card.
- Please provide us with 48 hours notice for cancellation.
- Please bring a complete list of your medications to all tests.

### **ECG**

Checks electrical activity of the heart.

**Duration: 5 - 10 minutes**

### **2D Colour Doppler Echocardiography**

Utilizes ultrasound waves to study the heart.

**Duration: 30 - 45 minutes**

### **Stress Exercise Test**

Involves walking and/or running on the treadmill.

Please wear comfortable shoes.

Do not eat 2 hours before test.

Women: a two-piece outfit is best. No dresses.

**Duration: 30 minutes**

### **Stress Echocardiogram**

Similar to exercise stress.

Addition of 2D Echo before and after exercise.

Involves walking and/or running on the treadmill.

Please wear comfortable shoes.

Women: a two-piece outfit is best. No dresses.

**Duration: 1 hour**

### **Holter Monitor**

Records cardiac activity for 24, 48 or 72 hours.

No shower during the Holter is on.

### **Cardiac Loop Event Recorder**

Records cardiac activity for one to two weeks.