

MonashHeart, Southern Health is committed to providing outstanding cardiac services for cardiac patients of all ages

- ♥ Every 10 minutes, an Australian dies from cardiovascular disease making it the biggest killer of all Australians
- ♥ MonashHeart treats more acute heart attack patients than anywhere else in Victoria
- ♥ Each year MonashHeart treats over 5700 patients with acute heart problems, the most in Victoria
- ♥ MonashHeart operates one of the busiest cardiac CT scanners in the world
- ♥ MonashHeart is the only cardiac service in Victoria, South Australia and Tasmania to treat heart patients of all ages; from pre birth to our senior citizens
- ♥ MonashHeart is an internationally and nationally recognised leader in cardiovascular research



Fundraising Manager
Southern Health
Locked Bag 29
Clayton South 3169

How do I prepare?

No special preparations are necessary for a standard transthoracic echocardiogram.



When does my Doctor get my results?

Your referring doctor will receive the results in five to seven working days. An additional copy of the results may be sent to any other doctors who are involved in your care at your request.

If you have any further questions or concerns about your upcoming echocardiogram, please talk to your local doctor. On the day of your test, the technologist will more than happy to discuss all aspects of the procedure with you.

Some useful websites

MonashHeart
www.monashheart.org.au

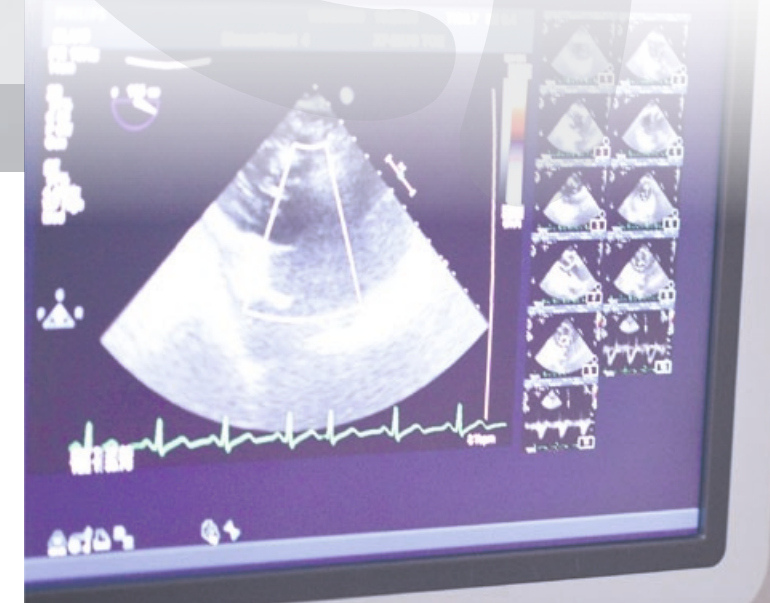
Patient Information
www.heartfoundation.com.au



Please use this space to write down any questions you may have:



Transthoracic Echocardiogram (TTE)



Patient Information Sheet

What is a Transthoracic Echocardiogram?



A transthoracic echocardiogram (echo) is a standard, non invasive imaging technique that allows your doctor to see how your heart is beating and pumping blood.

An echocardiogram uses sound waves to produce images of your heart. An echo technologist spreads gel on your chest and then presses a device known as a transducer firmly against your skin, aiming an ultrasound beam through your chest to your heart. The transducer records the sound wave echoes that your heart produces. A computer converts the echoes into moving images on a monitor. If your lungs or ribs obscure the view, a small amount of intravenous dye may be used to improve the images.



Why do I need a TTE?

Information from the echocardiogram can reveal many aspects of your heart health, including:

- ♥ **Heart size:** Weakened or damaged heart valves, high blood pressure or other diseases that can cause the chambers of your heart to enlarge.
- ♥ **Pumping strength and heart muscle damage:** An echocardiogram can help your doctor determine your heart's pumping strength and whether all parts of the heart wall are contributing equally to your heart's pumping activity.
- ♥ **Valve problems:** An echocardiogram shows how your heart valves move as your heart beats. Your doctor can determine if the valves open wide enough for adequate blood flow or close fully to prevent blood leakage.
- ♥ **Heart defects:** Many heart defects can be detected with an echocardiogram, including problems with the heart chambers, abnormal connections between the heart and major blood vessels and complex heart defects that are present at birth.

What can I expect?

Your echocardiogram will be performed in the MonashHeart Echo Department by a highly qualified echo technologist. After undressing from the waist up, you will be asked to lie on an examining table or bed. The technologist will attach sticky patches (electrodes) to your body to monitor your heart rate.

During the echocardiogram, the technologist will dim the lights to better view the image on the monitor. You may hear a pulsing "whoosh" sound, which is the machine recording the blood flowing through your heart. During the echocardiogram, you may be asked to breathe in a certain way or to roll onto your left side. Sometimes the transducer must be held very firmly against your chest. This can be uncomfortable but it helps the technologist produce the best images of your heart.

Most echocardiograms take less than an hour, but the timing of your test may vary depending on your condition. Once the test is over, the gel is wiped off and the electrodes are removed.

What are the risks?

There are no known risks associated with a standard transthoracic echocardiogram. You may feel some discomfort similar to pulling off an adhesive bandage when the technologist removes the electrodes placed on your chest during the procedure.



I support MonashHeart, Southern Health in providing leading care to cardiac patients of all ages.

(Donations of \$2 or more are tax deductible ABN 82 142 080 338)

- ♥ I enclose a cheque/money order made payable to MonashHeart, Southern Health for: \$
- ♥ Please debit my credit/debit card for: \$
 VISA Mastercard AMEX Diners

Card Nos:

Expiry: /

Cardholders Name:

Cardholders Signature:

Receipt sent to:

Name:

Address:

..... Postcode:

Phone: Email:

Is your donation a gift in memory? Yes No

In memory of:

Acknowledgement should be sent to next of kin:

Name:

Address:

I give MonashHeart the option of publishing my name in recognition of my support

Here's how to make your gift:

Call: 1300 MHEART **Fax:** 03 9594 6030

Post: complete and return this coupon to:

Fundraising, MonashHeart, Southern Health,
Locked Bag 29, Clayton South 3169

Thank you for supporting MonashHeart