

# Pocket EKG Can Save Your Life



**Christopher Daniels, MD**  
Interventional Cardiologist at Cardiovascular Institute of the South at Lafayette General

An electrocardiogram, or EKG, is a painless test that uses the electrical activity in your heart to monitor the rhythm of your heartbeat. An EKG can detect current and past heart attacks, blockages, a thick heart wall, rapid or irregular heartbeat, certain electrolyte imbalances and even changes caused by some medications.

“By carrying your pocket EKG, your health care provider will have a baseline EKG to compare with a new EKG.”

To conduct an EKG, the technician places several electrodes on the patient's chest. The patient lies down for a few minutes while the test is recorded on graph paper. “Patients should get an EKG when new symptoms arise, such as shortness of breath, chest pain, discomfort or irregular or rapid heartbeat,” explains Dr. Christopher

Daniels, cardiologist at Cardiovascular Institute of the South at Lafayette General.

EKGs are also performed in the pre-operation setting if a future surgery is planned, particularly if the patient has risk factors such as hypertension, increased cholesterol levels and diabetes.

Dr. Daniels also stresses the importance of carrying a pocket EKG, a personalized wallet-size card that provides emergency information with cardiac history on one side, and a personalized baseline EKG reading on the other. “By carrying your pocket EKG, your health care provider will have a baseline EKG to compare with a new EKG,” he said. The comparison can help your provider to determine any abnormal activity in your heart. And in the case of an emergency, these cards can provide medical personnel with much-needed information to determine proper diagnosis or treatment.

Lafayette General and Cardiovascular Institute of the South will be holding FREE Heart Fairs in 2012. Each



Participant will get a FREE EKG

Exam, read by a cardiologist, and will receive a Pocket EKG card of their result.

# FREE Heart Fair



Saturday, February 25 • 9 am  
LGMC's Burdin Riehl Office Building  
(Across from Hospital on Coolidge Street)

Everyone gets a FREE EKG Exam (read by a doctor)  
FREE one month membership to LGMC Wellness  
**Call 289-8585 to make an appointment.**

**Lafayette General Medical Center**  
Your Health. Your Hospital. Your Choice.

**Cardiovascular Institute OF THE SOUTH**