

**The Analyzed Holter Report  
Includes:**

- Hourly summaries of the minimum, maximum and average heart beats for the 24-hour period.
- Abnormal slowing of the heart beat (called Bradycardia) and abnormal fast heartbeats, (called Tachycardia).
- Analysis of a particular portion of the EKG signal which may indicate a problem with poor blood flow to the heart muscle, (called ischemia).
- Measurement of any pauses in the heartbeat.
- Evaluation of pacemaker functioning, (if one is present).
- Evaluation of the effectiveness of certain cardiac medications.

We hope this brief introduction to Holter Monitoring has provided you with a better understanding of this simple, yet valuable test. The Holter Monitor continues to provide reliable and important information in the detection of the disorders of the heart. It has undergone many refinements with age and with the development of powerful computers, its accuracy has improved immensely. It remains one of the most commonly utilized tests in the field of cardiology.



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**HELENA  
CARDIOLOGY  
CLINIC  
A  
Patient's  
Guide to  
Holter  
Monitoring**





**Your doctor has recommended that you receive a test called a Holter Monitor.**

A Holter Monitor is a 24-hour recording of the electrical activity of the heart. The late Norman J. Holter, a native of Helena, Montana, developed the procedure. Dr. Holter's original monitor was a 75-pound backpack that could only record a single lead of the heart's activity. Modern state-of-the-art, holter monitors are cassette tape or digital recorders that record three electrical leads of the heart. This monitor enables your physician to see how your heart reacts to daily activities such as:

- walking
- driving
- eating
- sleeping



**While an EKG, done in your physicians office generally records 20-60 heartbeats, the Holter Monitor records closer to 100,000 heartbeats over 24 hours.**

**The Holter Monitor is a simple device to apply to a patient.**

- Five to seven ECG electrodes will be attached to the skin to record the electrical activity of the heart.
- The Holter Monitor will be connected to the electrodes by thin wires.
- With the use of a belt or shoulder harness, the Holter Monitor can be worn comfortably by the patient.
- Patients are encouraged to perform their daily activities while wearing the device with the exception of bathing, showering, swimming or any activity that would get the monitor wet. If the Holter Monitor gets wet, the electrical circuitry will be damaged.

**Before you leave the physician's office, you will be provided with a Holter diary.**

- You will record your normal activities as well as any symptoms and the times that these events occurred.
- Proper entries in the diary are very important for the accurate interpretation of your Holter Monitor. For example, a heartbeat of 160 beats per minute may be normal for someone who is exercising but would be abnormal for someone who is reading a book.

HOLTER MONITOR DIARY		
TIME	ACTIVITY	SYMPTOMS
9:15 AM	walking 2 miles	chest pain
1:20 PM	having lunch	dizzy spell
3:50 PM	watching TV	heart fluttering

- The diary allows the proper correlation between the findings on the Holter tape and potential heart rhythm disturbances.
- You should carry the diary with you at all times while wearing the Holter Monitor and record any activities or symptoms as well as what time they occurred.
- The time these activities or symptoms occurred should be recorded off of the clock on the Holter Monitor itself (not your wrist watch or wall clock since only the time on the Holter Monitor correlates to the time on the cassette tape).



**When Wearing A Holter Monitor**

1. Do not use your electric blanket.
2. Stay away from magnets, metal detectors, and high voltage are as such as power lines.
3. Do not get the monitor wet.