

Keeping The Beat

Print-and-Save Chart to Record History of Heart Tests

Sorting through your medical records to determine if—and when—you've had recommended tests can be a daunting task. Use this print-and-save chart to keep track of heart tests that your doctor(s) might recommend.

Consult your doctor to determine whether your risk of a heart attack or stroke is low, medium, or high—and which tests, therefore, are right for you.

Type of Heart Test	Guidelines	Date(s) Administered	Doctor(s)
Blood test: Fasting Lipid Profile (HDL, LDL, triglycerides, and total cholesterol)	At least every 5 years, much more often for those with any risk factors for cardiovascular problems.		
Blood test: Fasting Blood Glucose	At least every 5 years, much more often for those who are overweight or have family history of diabetes.		
Blood test: Fibrinogen	For those at medium risk or whose family history suggests clotting problems may be a familial trait.		
Blood test: C-Reactive Protein	For those at medium risk, especially those with an inflammatory disease, such as arthritis and autoimmune disorders.		
Blood test: Homocysteine	For those at high risk, especially those with family history of heart disease or stroke.		
Blood test: Lipoprotein (a)	For those with family history of premature coronary artery disease or family history suggesting high cholesterol may be a familial trait.		
Ankle-Brachial Blood Pressure Index	For those at medium risk, especially smokers and diabetics.		
Echocardiogram (cardiac ultrasound) or Stress Echocardiogram	For those at medium risk, especially those with hypertension or diabetes.		

Keeping The Beat

Type of Heart Test	Guidelines	Date(s) Administered	Doctor(s)
Electrocardiogram (ECG) or Exercise ECG	Often administered as part of physical checkup. Consult your doctor to determine if your risk level merits this test.		
Chest X-Ray	For those suspected to have congenital heart disease.		
Carotid B-Mode Ultrasound	For those at medium risk for carotid artery stenosis.		
Magnetic Resonance Imaging (MRI)	For those suspected to have congenital heart disease.		
Electron Beam Computed Tomography (EBCT)	For those at medium risk or uncertain risk, especially smokers.		
Other:			
Other:			
Other:			