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Todd D Miller

Mayo Clinic, USA

Stress testing in women

Stress testing with or without imaging in women can serve as a useful diagnostic and prognostic tool for women undergoing evaluation of coronary artery disease (CAD). Studies have shown that stress testing for diagnostic purposes in women compared to men is modestly less accurate. The reasons for this observation are not entirely clear. Stress testing for risk stratification is accurate in women. The same variables, especially exercise duration that predicts outcome in men are also useful to assess risk stratification in women. In selected subsets of women, the standard exercise treadmill test is as accurate for risk stratification as stress imaging. The ACC/AHA recommendations that standard treadmill testing be utilized as the initial stress testing modality in low to intermediate risk patients who are capable of adequate exercise and have an interpretable electrocardiogram applies equally to both genders.

Biography

Todd Miller is a Professor of Medicine at Mayo Clinic in Rochester, Minnesota. He is the past Director of the Nuclear Cardiology Imaging Laboratory and the current Medical Director of the Sports Cardiology Clinic. He has published greater than 100 peer-reviewed manuscripts and several book chapters and editorials. He serves on the Editorial Boards of the American Running Association, American Heart Journal and Journal of Nuclear Cardiology, Circulation, Cardiovascular Imaging and Journal of the American College of Cardiology Cardiovascular Imaging.

miller.todd@mayo.edu

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