



Treadmill Stress Test (TMT)



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Evaluating Heart Performance During Physical Activity

The **Treadmill Stress Test (TMT)** is an important diagnostic test used to evaluate how well the heart functions when the body is under physical stress. While a person is resting, some heart problems may not be detected. However, when the heart is made to work harder through controlled exercise, certain abnormalities in blood flow and heart rhythm become more noticeable. The treadmill stress test helps doctors assess these changes and identify underlying heart conditions.

At **New Vrundavan Medical and Research Pvt Ltd**, the TMT is conducted using modern equipment under careful medical supervision to ensure patient safety and accurate diagnosis.

Why is the Treadmill Stress Test Done?

The TMT helps doctors determine whether the heart receives enough oxygen and blood supply during exercise. It is often recommended for patients who have symptoms suggestive of heart disease or those who are at risk of developing cardiovascular problems.



The test may be advised for people who experience:

Chest pain or discomfort during exertion

Breathlessness on physical activity

Palpitations or irregular heartbeat

Dizziness or fatigue during exercise

High blood pressure or diabetes

Family history of heart disease

It is also commonly used as part of **preventive health screening** for individuals above middle age or those with lifestyle risk factors such as smoking, obesity, or sedentary habits.

What Does the Test Detect?

A treadmill stress test can help detect several important heart conditions, including:

Coronary artery disease (blockages in heart arteries)

Reduced blood supply to the heart muscles (ischemia)

Exercise-induced arrhythmias (irregular heart rhythms)

Abnormal blood pressure response to exercise

Assessment of physical fitness and exercise tolerance

The test also helps doctors evaluate the effectiveness of treatment for patients who are already diagnosed with heart disease.



How the TMT Test is Performed

During the test, small electrodes are attached to the chest to continuously record the electrical activity of the heart through an ECG monitor. The patient then walks on a treadmill while the speed and incline of the treadmill gradually increase according to a standard protocol.

Throughout the test, the doctor monitors:

Heart rate

Blood pressure

ECG changes

Patient symptoms such as chest pain or breathlessness

The test usually lasts **10 to 15 minutes**, depending on the patient's physical ability and clinical condition.

If the patient develops symptoms or if significant ECG changes are observed, the test may be stopped immediately for safety.

Advantages of the Treadmill Stress Test

The TMT is a widely used investigation because it offers several advantages:

Non-invasive and safe procedure

Helps detect heart problems that appear during exercise



Provides valuable information about heart fitness
Useful in early diagnosis of coronary artery disease
Helps guide further treatment and investigations

Preparation Before the Test

Patients are usually advised to follow certain instructions before undergoing the test:

Wear comfortable clothing and walking shoes

Avoid heavy meals immediately before the test

Inform the doctor about any medications being taken

Avoid caffeine or smoking before the test

Following these precautions helps ensure accurate test results.

TMT Services at New Vrundavan Medical and Research Pvt Ltd

At **New Vrundavan Medical and Research Pvt Ltd**, the treadmill stress test is performed with modern monitoring systems and expert medical supervision. Our aim is to provide accurate assessment of heart health and early detection of cardiovascular problems.

Early diagnosis of heart disease allows timely treatment and significantly reduces the risk of serious complications such as heart attacks.



Regular cardiac evaluation through tests like **ECG**, **Echocardiography**, and **Treadmill Stress Test** plays a crucial role in maintaining long-term heart health.

