

# Health Minute

## Heart healthy travel...

This weekend kicks off summer travel season. Having heart disease shouldn't prevent you from enjoying travel. Traveling smart means that you know your limits and what to do when symptoms present themselves. If you have known atherosclerosis (plaque in your arteries), you should make sure that the plumbing is open before you undergo any physical stress such as a vacation. Your doctor can help you determine this with a stress test or coronary angiogram ("heart cath"). If you have any concerns, discuss them with your family doctor or cardiologist.



<b><u>What to travel with</u></b>	<b><u>When to seek medical help</u></b>
<p>Recent lab studies Recent EKG, echocardiogram, and treadmill stress test, if available Copies of any tests or procedures such as angiogram, stents, or bypass surgery List of current medications Phone number of your primary care physician and cardiologist</p>	<p>Irregular pulse or one that is uncharacteristically very fast (greater than 100 beats per minute) or slow (lower than 50 beats per minute) Increased shortness of breath New-onset swelling of the lower extremities Heaviness or pressure in the chest associated with sweating, nausea, or lightheadedness "stomach ache" that does not get better with antacids but goes away by sitting and resting.</p>