

## GMH involved in cardiac screening

Written by Elizabeth Barrett  
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Cardiac-pulmonary rehabilitation director Myra Gronewold thinks it's wonderful patients can be screened for problems at Gothenburg Memorial Hospital.

"GMH offers a variety of cardiac stress testing ordered by a physician depending on symptoms, diagnosis and/or exercise ability," Gronewold said.

For example, she said intravenous medication can be given to a patient unable to walk on a treadmill because of physical limitations which imitates the effect of exercise.

Two of the main types of testing done, Gronewold said, are echocardiograms and stress testing on a treadmill.

Nuclear stress tests can also be done at GMH, she said, which involves the injection of a small amount of radioactive substance into the body that allows images of the heart to be recorded.

"The doctor can see how well the heart is pumping blood, if part of the heart has been damaged and if any of the arteries that feed the heart are blocked," Gronewold said.

From July 2011 to July 2012, 75 stress, echocardiogram and nuclear stress tests were done, she said.

"Our physicians in town do a good job of referring patients for testing or to a cardiologist," Gronewold said.

She noted that cardiologists from Kearney and Lincoln have clinics at GMH. Additionally,

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Gronewold said a cardiologist from Kearney or Good Samaritan Hospital is always on call to answer questions from local physicians.

Cholesterol and blood pressure testing is also available.