My Equipment
Things I use for cardiac monitoring and related activities
(Updated 28-Nov-2011)

Video the PC-80B LCD screen whole replaying my EKG (V5)

PC-80 Portable ECG

The PC-80B analyzes the data and displays a screen like the one above when it it finishes recording or playing back an EKG. You'll note that it detects and reports the irregular heartbeat, which can be indicative of a serious problem, but doesn't specifically mention the PVC's, which are usually benign. The 'sad face' indicates that medical attention is indicated. A 'happy face' on the other hand indicates that no significant health risk was detected. Of course it is always advisable to seek medical attention whenever you feel something is wrong. The PC-80B or any EKG monitor as far that goes is NOT a substitute for a trained medical professional, it's simply a tool. Ask your doctor if he thinks it would be useful in your case. Record EKG's when you feel good, and when you feel something isn't quite right, heart wise and review them with your doctor. Have him show you what is significant and what isn't and most importantly, ask him if he thinks self monitoring is beneficial in your case and what to do with the results; i.e. under what circumstances should you seek medical care.

In the old days, with my hardware and software the only practical way I had of sending my EKG to my cardiologist for interpretation was to connect the heart monitor to a computer, generate a PDF file of the stored reading and faxing it to him. Things are so much simpler now. While the PC-80B has an optional computer interface and program for generating the EKG just as I used to do, a much simpler approach is to simply record a video of the screen with your smart phone and attach it to am Email... no computer required. Here is a sample of what I am talking about. This is an ECG I made of my own heart using the PC-80B. I made the video by holding an iPhone 4 a few inches above the PC-80B's LCD screen and playing back the stored EKG. I sent it to . One great advantage of this approach is that the doctor and / or his staff can receive it anywhere... home, office, or half way around the world at any time, effectively being 'on call' 24 / 7. The email, complete with the doctor's reply can be stored automatically and become part of the patient's permanent record. One of the doctors I see encourages the use of Email and will usually reply himself, or forward the message to his office staff, (PA's, nurses, or other doctors) and within the hour I'll receive a reply.