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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Different Types of Stress Test

By Trevor Dumbleton

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Many people in this world need to take a stress test. These tests can take many forms and are designed to search for different things, but they all have one key goal: they want to see how you are doing. Merely taking a stress test can be a kind of stress all its own, but it does not have to be. And by understanding stress tests, you can understand more fully what they are designed to do.

The first kind of stress test is simply a pen and paper test. These tests will often ask you about certain things you do, where you are in your life, what you are concerned about, and what is going on around you. These stress tests are very easy to take, though the results can often be more than a little surprising. These tests are designed to root out stress in its many forms and are the most common form of stress test.

There are many stress tests out on the Internet, though many of them will not be particularly useful. Some are designed to be scientific but are not backed up by research, or some may simply be jokes. However, there are a few out there that can be very useful. Unfortunately, many are also very subjective and the answers you give may not be all that useful.

If you would like to take a stress test, your doctor can point you in the right direction. There are many valid and very useful stress tests out in the world and they can give you and your doctor the answers that you need to help you determine how you are stressed and how to manage it. Thus, your doctor is the best place to start and the best place to find answers to all that is troubling you.

Another type of stress test is the exercise stress test, also known as a cardiac stress test. These tests involve putting a person on a treadmill at a slow walking pace, then slowly increasing the speed until the person is at a jogging or running pace. In these tests, people are usually hooked up to electroencephalographs and usually breathe through a tube in order to study heart rate and breathing. These tests are effective for studying how well a person's heart and lungs are working in order to see if there are any coronary problems.

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Exercise stress tests are usually akin to exercising hard, but not strenuously. The person on the treadmill is closely monitored and a doctor is on hand in case there are any problems. As well, the person can stop the test anytime if they do not feel right. However, it is best to let the test run until it is finished, as it gives the best idea of how well the body is working.

A final kind of stress test is the thallium test. These tests are usually administered in people who seem to have blockages in their circulatory system and the blockages need to be located. Thallium tests are usually run in conjunction with an exercise stress test and, after the person is done on the treadmill, the person is injected with a slightly radioactive thallium solution. Once the thallium get into the bloodstream, a special camera examines the person's body in order to look for places where the thallium, and thus the blood, is not flowing properly. Thallium tests are not given very often, as they are mostly used when doctors know there is a blockage, but are not sure where to look for it. Obviously, some people cannot be asked to run on a treadmill and they are usually given a drug as a substitute in

order to locate the blockage.

There are a variety of stress tests available and your doctor is the best person to talk to if you are interested in taking one. These tests are very valuable to check your overall health level and they provide a great deal of information that can be used to diagnose any problems or prevent them before they start. So if you are feeling the effects of stress and you wonder if it is causing health problems, there are ways to find out what you or your doctor want to know.

Trevor Dumbleton is the owner of <http://www.LowerYourStress.com/> a categorized resource directory for everything to do with stress.

Managing Stress Could Be Blessing In Disguise!

By Ashish Jain

Life with stress and life without stress— they are poles apart!

Some types of stress are inevitable. Some stresses are those over which you have no control. Plus, some one may be the cause of your stress; there are some types of stress of which you are the cause, and therefore you have to find its solution.

Mostly, the level of your stress and the level of your heartbeat go hand in hand. The greater the pounding, more intense is the level of the pressure. Nobody is happy to own the stress permanently. Hence, arises the question of managing the stress.

The causes of stress are innumerable. May be that it concerns your children, or the usual, unusual arguments with your spouse. A word of caution to the heart patients. Develop the trait of patience and avoid stress at all costs. Stress is the cause of many heart attacks.

Remember the cop managing the heavy traffic in a busy junction—he is the master of traffic rules, he

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has the assistance of red, yellow and green signals. He regulates, controls the rush of a large number of vehicles, with the assistance of these signals.

So, coping stress is all about stress management. Nobody likes to remain in a state of stress. But the style of life in the modern materialistic civilization, throws many types of stresses, without your asking for it. Rather, stress is forced upon you! Managing the stress assumes added importance here. Some of the following guidelines may help you in managing the stress:

1. Do not suppress your stress. Only you know the reason of your stress. Discuss your difficulties with your trusted ones, friends, relatives or with your spouse.
2. Do some deep breathing exercises, for 10–15 minutes everyday, sitting all alone.
3. Everything in the world is happening as it should. You are not the one to create all the problems or to solve all the problems. The perfect order or discipline that you want might not be available at all times. Carry on them, with the available discipline.
4. Temper is very valuable. Do not lose it. But if you are determined to lose it, do not respond to anyone at a high temperature level. Let things cool down. Time provides its own answers, for major part of your problems.
5. Think of the positive side of the issue. The strength of the negative side, will then automatically weaken.

Sometimes, a spiritual personality can help you more, for sure, than your psychologist or family doctor. Do not hesitate to surrender before the Perfect Master. He may bestow you with such grace, bless you with such positive thoughts that your stress may just float away, destination less and direction less never to return again.

Yes, this is not a vague assumption. This stress, could be your blessing in disguise!

Ashish Jain writes about a number of different topics. For more information on stress management visit [and also visit the main articles page:](#)

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