

IMPORTANT NOTICE

All guide-lines below is general.
You need to consult a cardiologist for your case.
In case emergency you should be hurry to hospital near by.

HEALTHY HABITS FOR YOUR HEART

1. Exercise Regularly. It can be as simple as a daily walk or light jog. The point is simply to make sure you get at least one form of exercise for 30 minutes, every day.
2. Healthy Diet. Maintaining healthy diet is the key factor to prevent heart disease.
3. Quit smoking.
4. Keep stress as low as possible.
5. Stay knowledgeable about heart disease.
6. Get regular preventive health screening: heart disease testing can help you to prevent a health problem before it is too late, so make sure you get screened as soon as possible.

When should you see a Cardiologist?

It is important to see a Cardiologist whenever you have concerns that something may be wrong with your heart or whenever you experience symptoms like chest pain, shortness of breath, leg cramps while walking, dizziness, palpitations or the feeling of an irregular heartbeat.



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Cardiology Clinic of Northern California

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Our Clinic offers a complete array of diagnostic and therapeutic services. The diagnostic medical tests such as EKG, Echo, Nuclear Stress, Treadmill, Holter, Sleep Test, Lower Extremity Arterial Doppler, Venous Doppler and Caroid Doppler are performed in our Clinic.

Office Hours
Monday-Friday 10:00 AM-5:00PM
Saturday 10:00 AM-1:00 PM
Thursday morning & Sunday closed

Diagnostic and therapeutic services performed in Our Clinic

1. **Echocardiogram** The test uses sound waves to produce color images of the heart. This test is commonly used to detect problems with the valves, to detect abnormalities in the pattern of blood flow, & heart pumping strength.
2. **Nuclear Stress Test** The test provides images that can show areas of low blood flow through the heart and areas of damaged heart muscle. This test is often done to diagnose coronary artery disease.
3. **Exercise treadmill test** Exercise makes the heart pump harder and faster than it does during most daily activities, an exercise stress test can reveal problems within the heart that might not be noticeable otherwise.
4. **Arterial and Venous Doppler** The tests are used to measure and assess the flow of blood through the blood vessels. The amount of blood pumped with each beat is an indication of the size of a vessel's opening. The Doppler also can detect abnormal blood flow within a vessel, which can indicate a blockage caused by a blood clot, a plaque, or inflammation.
5. **Carotid Doppler** This test uses sound waves to measure the flow of blood through the large carotid arteries that supply blood to the brain.
6. **Holter** Holter monitor test is done to check the heart rhythm to detect irregular heartbeat (arrhythmia).
7. **Sleep Study** is used to diagnose sleep disorders, to detect sleep apnea, periodic limb movement disorder, narcolepsy, REM sleep behavior disorder.