Cardio Wave Analysis Interpretive Guide

1.　**Heart Beat = Heart Rate** 　　　　　**bpm (beats per minute)**

 Normal = Adults…60to90 bpm 　　 Children 1-10 = 60 to 140 bpm 　　 Children over 10 and = 65 to 80 bpm

<60 bpm = Well conditioned athlete, congenital slow pulse, hypothyroidism, hypothermia, malnutrition, and some heart conditions, medications like: Beta Blockers, Calcium Channel Blockers, Digoxin, Clonidine or Lithium.

>90 bpm = Exercise, pregnancy, high anxiety, excitement, fever, high blood pressure, low blood pressure, anemia, blood loss, hyperthyroidism, hypoglycemia, panic disorder, nicotine, caffeine, and medications like: Ephedrine, Amphetamines, Anti-Asthmatic, Appetite Suppressants.

2.　**Artifact = Irregular Heartbeats** 　　　　　**Retest if more than 5 or refer to specialist.**

3.　**For the following look at the bar graph on the report. Between upper and lower = Normal, otherwise Low or Good**

TP = Total Power 　　　　　**Overall "vitality" in the system across all frequencies.**

Low TP results from a decrease in autonomic nerve activation and decrease in coping ability with internal/external stress.

VLF = Very Low Frequency 　　　　　**Helps to demonstrate ANS state as impacted by feelings such as anger.**

Low VLF results from loss in body's temperature control and blood pressure control.

LF = Low Frequency 　　　　　**Low LF results from internal energy loss, fatigue, poor sleep, lethargy,**

and possible adrenal fatigue.

HF = High Frequency 　　　　　**Low HF results from chronic stress, cardiopulmonary aging, heart disease, anxiety**

and decreased electrical stability of heart.

4.　**SNS/PNS = Sympathetic & Parasympathetic Balance** 　　　　　**Fight or Flight vs Relaxation/Coherence**

Normal = 4:6 to 6:4 　　 **Look at the ratio to determine if SNS higher than 6:4 = Sympathetic. Do same for PNS**

Higher SNS = Nervousness, anxiety, agitation, excitement, increased blood pressure, headache
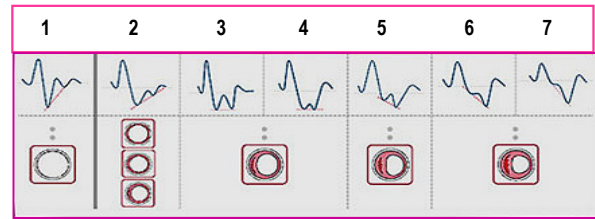
Higher PNS = Depression, sluggishness, lethargy, dizziness

5.　**APG Wave Type** 　　　　　　　　　**Biological Age**

A measure of potential **arteriolosclerosis or hardness** of the arteries.
Assigning a biological age according to the number type**:**
1=20-30, 2=30-40, 3=40-50, 4=50-60, 5=60-70, 6=70-80, 7=80-90

6.　**For each of the following look at the bar graph and write in Sub-Optimal, Normal or Optimal**

DPI = Differential Pulse Wave Index 　　　　　**Represents overall health of the cardiovascular system.**
It indicates the biological age of the arteries by correlating the data with the chronological age of the arteries.

EC = Eccentric Constriction 　　　　　**Represents the contraction power of vessels from the left ventricle.**

AE = Artery Elasticity 　　　　　**Represents the blood circulation, the vascular elasticity and resistance**
of the vessels. It detects early atherosclerosis and peripheral circulation dysfunction.

RBV = Return Blood Volume 　　　　　**Represents the remaining blood in the vessels after systolic**
contraction of the heart. The less volume of blood remaining—the healthy the heart is.

7.　**For each of the following look at the bar graph and write in Low, Normal, High or Very High**

Physical Stress 　　　　　**Level of physical stress in the body.**
　　　　High physical stress leads to fatigue, headache, insomnia and muscle pain.

Mental Stress 　　　　　**Level of mental stress in the brain.**
High mental stress leads to decrease in memory, inability to concentrate, indecision, confusion.

Stress Resistance 　　　　　**Your body's ability to handle stress.**
　　　　The higher the level the better—the better your body can cope with stress and keep you healthy.

8.　**Stress Score** 　　　　　**out of 100** 　　　　　**The lower the number the better your ability to handle stress.**

9.　**FINAL GRADE** 　　　　　**BIOLOGICAL AGE** 　　　　　**HRV SCORE**

Choices for the score are: Excellent, Good, Fair, Poor
See CardioWA Video for explanation.of Grade, Age and Scoring

DOCTOR: