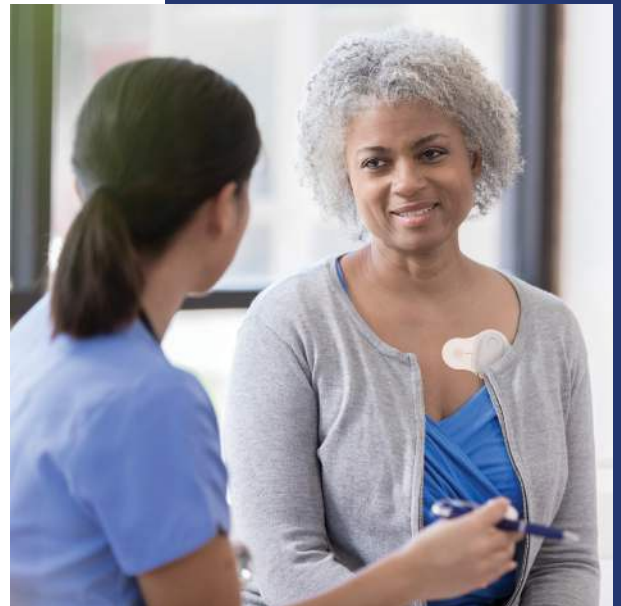


THE CARDEA SOLO™ ECG SYSTEM ENABLES ADVANCED ANALYSIS OF CARDIAC STRESSORS AT A MAJOR MIDWESTERN UNIVERSITY

The correlation of biometric, environmental and psychographic data in cardiovascular research is yielding interesting data and new insights to improve population cardiovascular health. Unobtrusive patch-based ambulatory ECG data collection using the FDA-cleared Cardea SOLO ECG System is proving itself to be an important part of this research.

An epidemiologist and associate professor of preventive medicine at a leading midwestern university school of medicine has made it her life's work to focus on understanding contributions the social environment has on cardiovascular health and health disparities. Though stress is a part of everyday life, environmental factors such as psychosocial stress, neighborhood living conditions, and social relationships can significantly impact an individual's health. Below, she shares her insights regarding use of the Cardea SOLO™ ECG System in a recent study.

"Our pilot study was designed to look at how people respond to different kinds of stressors in their day-to-day lives, as opposed to those which might occur in a laboratory setting. Laboratory stressors differ from real-life stressors in terms of their variety, severity, and duration. The goal of this study was to analyze exported raw ECG data to examine Heart Rate Variability (HRV) as a measure of stress reactivity and dysregulated responses to environmental stress."



“Accurate measures of HRV are important because we know that lower HRV stress reactivity is associated with depression, cardiovascular disease, and mortality. In our pilot study, over 30 women wore the Cardea SOLO ECG Sensor for one week and answered surveys about stressful events they experienced while wearing the Cardea SOLO monitor.”

“Cardea SOLO ECG was chosen for this study because using it means that you collect and own all the data. For clinical researchers, this is essential, as it enables us to transform and use the data as we need. Cardea SOLO’s ease of use and the quality of the data are very important, and we’ve also had excellent customer service from Cardiac Insight.”



Cardea SOLO improves wear-time compliance, which optimizes research data collection

“Study subjects find the single-use Cardea SOLO Sensor easy to apply and use, which translates into great compliance. We had previously tried other kinds of monitors with chest straps, and because they were very uncomfortable, compliance was not optimal. We need to have subjects wear monitors for multiple days, so comfort is an important issue. Cardea SOLO is much less obtrusive and we achieve longer wear time – the longer wear time is a huge benefit. If we were able to obtain ECG data for only 24 or 48 hours, we might not have been able to capture enough stressful events. Over the course of a week, however, everyone reported at least one stressful moment.”



To learn more, and to schedule a personalized consultation about your research ECG needs and goals, contact us at researchsupport@cardiacinsightinc.com or call (866) 554-3751 (toll-free), Option 3.



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MKT00217 Rev A