

WestsideMed Helps Patients Stay Healthy And Measure Vitals With Urgent Care EKGs In Atlanta

Providing its patients with a suite of urgent care services in Atlanta, WestsideMed proves that it's a staunch line of defense against illness and injury

ATLANTA, GEORGIA, UNITED STATES, January 24, 2023 /EINPresswire.com/ -- Providing its patients with a comprehensive suite of urgent care services in Atlanta, WestsideMed proves its staunch line of defense against illness and injury.



Urgent care EKGs help patients stay healthy

Led by Ariel Esteves, an emergency medicine and family nurse practitioner located in Atlanta, Georgia, [WestsideMed is an urgent care clinic minutes from downtown Atlanta](#). It provides numerous services, namely EKG (electrocardiogram) readings.

"These readings are crucial for monitoring our patients' heart health. Whether they came in with chest pains or want to get an EKG reading for their annual physical, we do it all," says Esteves.

"An EKG, or electrocardiogram, is a test that measures the electrical activity of your heart. Medical professionals can use it to detect heart disease, arrhythmias, and heart attacks."

With this in mind, Ariel Esteves and her team aim to encourage people to get EKGs in Atlanta when possible, especially with sobering statistics around heart disease in the United States.

Learning About EKG Readings With WestsideMed

In a recent blog post titled "Here's Why You Should Schedule An Atlanta Urgent Care EKG," the team at WestsideMed explains the ins and outs of EKGs, why they're so crucial to good health, and how they play a part in preventative medicine.

"Ensuring your heart is healthy is paramount. If you experience hypertension, hypotension, or

chest pains, it's well worth getting an urgent care EKG exam near you in Atlanta," says Esteves.

Indeed, looking after one's heart health is more important than ever. The Centers For Disease Control And Prevention (CDC) estimates that every 40 seconds, someone has a heart attack.

Likewise, 1 out of 5 heart attacks is unexpected or 'silent.' Coincidentally, 1 in every five deaths in the United States, as outlined by the CDC, is due to heart disease. That's why, whether it's an annual physical at a doctor's or an appointment with a cardiologist, an EKG reading can change the course of one's heart health.

"An EKG can detect certain signs of a heart attack. It detects changes in the heart's electrical activity that occurs during a heart attack," says Esteves. "A heart attack occurs when the blood flow to the heart is blocked. This lack of oxygen can cause damage to the heart muscle."

And yes, EKGs can detect activity or a heart attack.

"An EKG can show if there is damage to the heart muscle by detecting changes in the heart's electrical activity. These changes can indicate that a heart attack has occurred or is occurring.

But she warns that, while EKGs are fantastic tools to help patients, they may not pick up every abnormality. Instead, an EKG is the first line of defense in spotting any irregularities.

"However, it is essential to note that not all heart attacks will be visible on an EKG. Sometimes other diagnostic tests, like blood tests, cardiac enzymes, echocardiogram, or angiogram, might be necessary to confirm the diagnosis."

Besides heart attacks, EKGs can detect arrhythmias, heart valve problems, pericarditis, heart disease, and pulmonary embolism.

Hypotension Vs. Hypertension

While WestsideMed provides EKGs in Atlanta, it also aims to clear up confusion surrounding medical terminology so people can approach a healthcare setting with a feeling of familiarity and comfort.

In ["Hypertension Vs. Hypotension: The Difference In Blood Pressure,"](#) the team at WestsideMed describes the main differences between these two medical terms and why they're crucial to continued good health.

"Blood pressure is crucial to measure and be aware of to continue to live a long and happy life. Known as hypertension and hypotension, high blood pressure and low blood pressure are severe medical conditions that can dramatically affect your health," says Esteves.

“Hypertension, also known as high blood pressure, is a condition in which the force of the blood against the artery walls is consistently too high,” says Esteves. “It is a common condition that can lead to serious health problems if left untreated, such as heart disease, stroke, and kidney disease.”

High blood pressure can manifest in a few ways, like dizziness, shortness of breath, and chest pains. However, high blood pressure may also never exhibit symptoms whatsoever, making it live up to its grim moniker ‘the silent killer.’

WestsideMed aims to have patients take care of their health before anything drastic can happen. Taking a patient’s blood pressure is routine, and the medical experts at the Atlanta urgent care will know when they see either high blood pressure, showing up as a systolic blood pressure number of 140 or more, or a diastolic blood pressure of 90 or higher.

Hypotension, on the other hand, is low blood pressure. “Hypotension is generally defined as a blood pressure reading below 90/60 mm Hg,” states Esteves. “However, it is essential to note that normal blood pressure can vary from individual to individual. And what is considered low for one person may not be low for another.”

As with its counterpart, hypotension may not show symptoms or manifest as dizziness or rapid, shallow breathing. That’s why having EKGs and blood pressure readings in Atlanta is crucial to continued good health.

Solve Medical Problems With WestsideMed in Atlanta

For Atlanta area residents, the medical professionals at WestsideMed provide valuable health measures to ensure patients are living their best lives, free of unknown cardiac issues.

“Atlanta urgent care doctors at WestsideMed can help you if you have a history of hypertension or hypotension. With comprehensive urgent care and primary care services in Atlanta available with no waits, you can address any symptoms or issues arising from both conditions. At WestsideMed, you can receive an annual physical, EKG reading, and quick urgent care X-rays in Atlanta.”

Potential patients can schedule appointments online or call WestsideMed to take further steps.

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