

SphygmoCor Report

This diagnostic test has a look at how well your heart is operating. When you look at your SphygmoCor report you will see **three (3) measurements**.

- **Ejection Duration**

When our heart beats it has a time when it is working (systole) and a time when it is resting (diastole). The **ejection duration** is the measurement of how much time the heart is spending at work. If the heart is spending too much time working this measurement will be high. A higher than normal measurement means the heart is working longer than it should each cycle.

- **Augmentation Index**

High cholesterol, smoking, diabetes and high blood pressure can all cause the vessels that take blood from the heart (the arteries) to become stiffer. When the arteries become stiffer the heart must work harder to supply oxygen to the heart muscles and the other vital organs of the body. The **augmentation index** measures the stiffness of the arteries.

- **BuckBerg Ratio**

When the heart is resting (diastole) the heart's pumping muscles are being supplied with oxygen. The **BuckBerg Ratio** compares the amount of oxygen being supplied to the heart's pumping muscles during rest to the amount of work the heart pumping muscles have to do during systole when they are working. It is better to have more oxygen and less work, which is the case when the Buckberg Ratio is high.