

## **Autonomic Nervous System Testing**

### **Benefits for Determining Treatment Plan**

*(Based on feedback from Physicians)*

- Rule out other factors such as hormonal, enzymatic, circadian, respiratory, baroreceptor, etc.
- Able to identify patients at risk for sudden cardiac death syndrome.
- Determine if meds affecting ANS needed versus other treatments.
- To determine optimal dose beta blockers. HR data not sufficient since it only indirectly provides info. about the level of sympathetic activity.
- Test can confirm or exclude beta blocker overdose (when both Parasympathetic and Sympathetic activity is low).
- Evaluate treatment
- For patients may not report symptoms
- Parasympathetic changes faster than sympathetic
- Determining progression of Diabetes: The more out of balance the 2 branches, faster disease will progress.
- Reduced autonomic function is earliest indicator of CAN