

AUTONOMIC NERVOUS SYSTEM HEALTH ASSESSMENT-QHRV1

The nervous system functions in a human body are divided in to three parts:

- Motor function: takes care of movement of a muscle such as lifting an arm or turning the head
- Sensory function: takes care of any kind of perception from the external environment, such as seeing, or feeling a texture, and
- **Autonomic function: takes care of everything else, including monitoring and control of all internal functions such as blood pressure, blood flow, sweating, bowel and bladder and so on.**

WHY IS ANS FUNCTION MONITORING IMPORTANT

Everyone is different, and so is their autonomic nervous system. How an individual responds to disease, injuries, medicines and medical treatments largely depends on his or her ANS.

Everyone from newborns to older adults can and should have their ANS monitored. Frequent monitoring when indicated, helps your doctor better maintain your health and well being and tailor treatments, including medications, specifically for you.

- Firstly, certain diseases can attack the autonomic nervous system in isolation, or as part of a more widespread illness;
- Secondly, many functions of the nervous system, including autonomic, sensory and motor systems, may be affected, and the autonomic testing can be used as a "marker" to diagnose such a disease. In all of these cases, the autonomic nervous system will be functioning poorly or not at all. However, when pain restricted to one part of the body is the main problem, the ANS testing can assist Physicians to determine if the autonomic nervous system on that side is over functioning.

ANSHA Health Assessment System enables treating physicians to measure a patient's heart rate variability during a routine office visit. Extensively published clinical data reports that heart rate variability testing can be used as an indicator of autonomic nervous system dysfunction, a deadly but initially asymptomatic condition prevalent in people with diabetes. This condition can cause the gradual breakdown of nearly every organ in the human body.

There is currently a clinical consensus from the American Diabetes Association, American Heart Association and the American Academy of Neurology on the use of HRV as a recommended component in the routine testing of autonomic dysfunction and for monitoring the progress of autonomic neuropathy.

Regardless of age, health or type of diabetes, people with diabetes could have autonomic nerve damage even if they don't have symptoms. In fact, a shocking statistic reveals that one out of three people with diabetes may have autonomic neuropathy.

In rapidly growing numbers, medical institutions and office-based clinical practices throughout the world are now incorporating heart rate variability testing as part of their patients' routine office visits to assess autonomic nervous system function

Perhaps the most important thing a doctor can do for their patients with diabetes are to make them aware of autonomic neuropathy, to let them know whether they have it, and to help them keep blood sugar levels in an acceptable range. Doing so not only helps reduce the risk of heart disease, but also lowers the risk of diabetic eye, kidney and nerve disease, each of which patients dearly want to avoid.

Autonomic neuropathy is a major complication of diabetes mellitus and is reported to be associated with increased perioperative hemodynamic instability. Autonomic neuropathy is a major complication of diabetes mellitus and is reported to be associated with increased perioperative hemodynamic instability.

Impaired Autonomic Function Is Associated With Increased Mortality, Especially in Subjects With Diabetes, Hypertension, or a History of Cardiovascular Disease.

Diabetic autonomic neuropathy has been called a "silent killer," because very few patients realize that they suffer from it, and yet its effects can be so lethal. With a brief, 15-minute Autonomic Function Analysis test administered and with some relatively modest interventions, patients can be helped to live longer, healthier lives.