

## **STRESS INFLUENCE ON AUTONOMOUS REGULATION OF HEART, FUNCTIONS AND RADIONUCLEODIC METHODS IN CARDIOLOGICAL DIAGNOSTICS**

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### **ABSTRACT**

The study is dedicated to stress related problem and its psychological response in human body, such as influence of stress in the autonomous regulation of heart activity. The study has used the Stroop's test in order to determine the stress level. After that the spectral analysis of the heart rate variability was carried out in order to specify the impact of the stress on the regulation influence of the autonomous nervous system in the relation to the heart activity. Obtained results were compared with selected indicators of used psychodiagnostic methods (Stroop's test).

Cardio vascular diseases represent serious problem, which is trying to be resolved by health care professionals nevertheless it should also be a concern of each individual as well as the whole society. This disease continually affects younger age categories. From the medical point of view the ambition of early diagnosis with consequent therapy should influence this adverse trend. Diagnosis of cardio vascular diseases by nuclear medicine method then has a substantial place. These particular examinations represent about 40% of performed examinations in units of nuclear medicine. This very fact has glanced off in conception of nuclear medicine by establishment of a new subdivision of "nuclear cardiology

**Key words:** Stress, autonomous nervous system, heart rate variability, spectral analysis, Nuclear cardiology, Radio nuclear method