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1. 将电极片贴在胸前，连接好导线，打开开关，观察LED灯的亮灭情况。

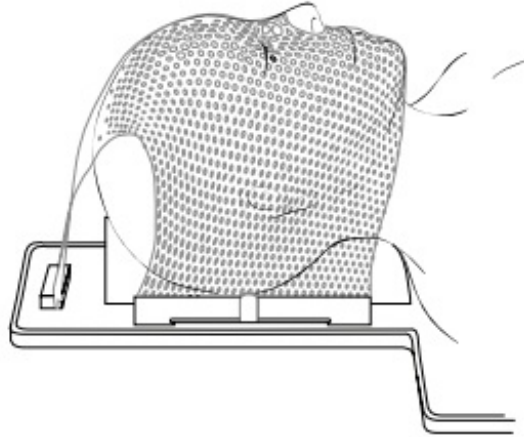


图 1. 心率监测器

心率监测器是一种非侵入式的测量心率的设备。它通过贴在胸前的电极片，检测心脏的电活动，从而计算出心率。心率监测器广泛应用于运动健身、医疗监护等领域。

心率监测器的工作原理是利用心电图（ECG）技术。心脏在跳动时会产生电活动，这些电活动通过电极片传导到心率监测器。心率监测器通过检测这些电活动的周期，计算出心率。

心率监测器的优点包括：非侵入式、使用方便、测量准确。心率监测器的缺点包括：需要贴在胸前，可能会感到不适；测量精度可能会受到运动、情绪等因素的影响。

心率监测器的应用非常广泛。在运动健身领域，心率监测器可以帮助人们了解自己的运动强度，制定合理的运动计划。在医疗监护领域，心率监测器可以用于监测病人的心率变化，及时发现异常情况。

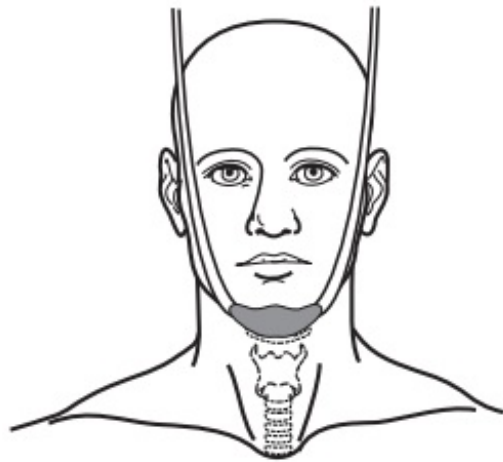
心率监测器的使用非常简单。只需要将电极片贴在胸前，连接好导线，打开开关即可。心率监测器通常会通过LED灯或显示屏来显示心率。

心率监测器的使用注意事项包括：

1. 使用前请仔细阅读说明书。
2. 电极片应贴在皮肤干燥、无毛发的部位。
3. 使用过程中应避免剧烈运动。
4. 使用后应及时清洁电极片。

心率监测器是一种非常有用的健康监测设备。通过心率监测器，我们可以更好地了解自己的身体状况，预防疾病的发生。

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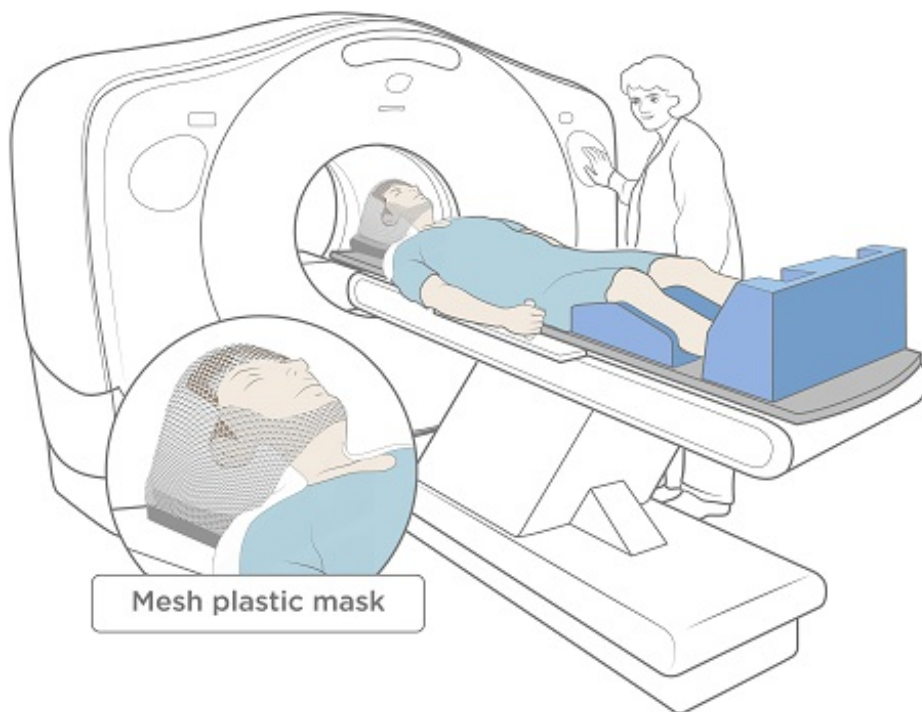


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MSK is committed to providing the highest quality of care for all patients, including those in the LGBTQ+ community. We have a dedicated team of healthcare professionals who are trained to provide culturally competent care. For more information, please visit [www.msk.org/vp](http://www.msk.org/vp).

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[www.msk.org/counseling](http://www.msk.org/counseling)



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[www.cancer.org](http://www.cancer.org)

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Radiation Therapy to Your Brain - Last updated on April 1, 2024  
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