

Fast Facts

Tachycardia

- When the heart beats at a faster than normal rate (over 100 times a minute)
 - When exercising, this isn't always an abnormality
- If it occurs while resting, it's most likely the result of something interrupting the normal electrical impulses of the heart
- Several different types of tachycardia classified by their origin and cause, including Atrial fibrillation (AFib), Atrial flutter (AFlutter), Supraventricular tachycardia (SVT), Ventricular tachycardia (VTach) and Ventricular fibrillation (VFib)
 - AFib is the most common
- Complications are serious and can include blood clots that cause a stroke or heart attack, heart failure (the heart can't pump enough blood around the body), frequent fainting or sudden death

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Shortness of breath -Lightheadedness -Rapid heart rate -Palpitations -Chest pain -Fainting 	<p><i>Goal:</i> To slow the heart to a normal rate, prevent future episodes from occurring and minimize complications</p> <p><i>To Slow Heart:</i></p> <ul style="list-style-type: none"> -Vagal maneuver -Injection of anti-arrhythmic medication -Cardioversion <p><i>Prevent Future Episodes:</i></p> <ul style="list-style-type: none"> -Anti-arrhythmic pills -Cardiac ablation -Pacemaker -Implantable cardioverter -Open heart surgery <p><i>Other Considerations:</i></p> <ul style="list-style-type: none"> -Blood clots prevention medication -Treat any underlying problems -Develop an exercise routine -Maintain a healthy weight -Ask the doctor how to take your pulse, what your normal heart rate should be, what (if any) vagal maneuvers you should do and how to do them, when to call them and when to seek emergency care 	<p><i>Prevent tachycardia by decreasing risk for developing heart disease</i></p> <ul style="list-style-type: none"> -Exercise regularly -Eat a healthy diet (low in fat and salt and high in fruits, vegetables and whole grains) -Maintain healthy weight -Keep blood pressure under control -Reduce high cholesterol -Stop/never start smoking -Don't use recreational drugs -Limit alcohol and caffeine intake -Reduce/manage stress -Be careful when using over-the-counter medications, especially some cough and cold medicines -Get regular checkups

Note: If you have any symptoms of tachycardia you should be seen by a doctor. If you faint, feel short of breath or have chest pain that lasts longer than a few minutes, call 911.

©2020 Demystifying Your Health. All rights reserved.

Demystifying Your Health does not provide medical advice, diagnosis or treatment.