

Fast Facts

Arrhythmias

- Electrical impulses that regulate heart beats isn't functioning the way it should and causes heart to beat too fast, slow or irregularly
 - Numerous possible causes
 - Classified by the rate and where it originates from
- Normal resting heart rate is between 60 – 100 beats per minute
 - Tachycardia = >100 and Bradycardia = <60
- Tachycardic rhythms that start in the atria are atrial fibrillation, atrial flutter and supraventricular tachycardia
- Tachycardic rhythms that start in the ventricles are usually life-threatening and include ventricular tachycardia, ventricular fibrillation and long QT syndrome
- Bradycardic rhythms don't necessarily signify a problem--becomes concerning when heart rate is slow and is unable to pump enough blood throughout the circulatory system
 - Bradycardic rhythms include sick sinus syndrome or a conduction block

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Fluttering feeling in your chest -Feeling like your heart is either racing or going too slow -Palpitations -Chest pain -Sweating -Shortness of breath -Lightheadedness -Dizziness -Fainting 	<p><i>Tachycardic Arrhythmias:</i></p> <ul style="list-style-type: none"> -Vagal maneuver -Medication (injection and pill) -Cardioversion -Ablation -Maze Procedure -Pacemaker -ICD (implantable cardioverter-defibrillator) <p><i>Bradycardic Arrhythmias:</i></p> <ul style="list-style-type: none"> -Pacemaker -ICD (implantable cardioverter-defibrillator) 	<ul style="list-style-type: none"> -Eat a healthy diet -Exercise regularly -Maintain a healthy weight -Control blood pressure and cholesterol levels -Don't smoke -Be careful with over-the-counter medicines -Drink alcohol/caffeine in moderation -Reduce stress with yoga, meditation and relaxation techniques

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