

Fast Facts

Bradycardia

- When the heart beats at a slower than normal rate (between 60 – 100 beats per minute)
- Occurs as the result of the electrical current that regulates the heart rate slowing down or becoming blocked

-Causes include damage to the heart tissue that is caused by aging, heart disease, heart attack, congenital heart defect, infection of the heart tissue, underactive thyroid, imbalance of chemicals within the body, sleep apnea, inflammatory diseases or certain medications

- For individuals, who are very athletic or young adults, it's not uncommon to have resting heart rate that is lower than 60 beats per minute—this isn't considered a health problem

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none">-Near-fainting-Fainting-Dizziness-Lightheadedness-Fatigue-Shortness of breath-Chest pain-Confusion-Memory problems-Getting tired easily during physical activity	<ul style="list-style-type: none">-Depends on where the electrical conduction problem originates from and the severity of symptoms-Treat any underlying disorders, like hypothyroidism or sleep apnea-Address any medications that might cause bradycardia-Have a pacemaker placed if nothing else improves symptoms	<p><i>Goal:</i> Prevent heart disease</p> <ul style="list-style-type: none">-Exercise regularly-Eat a diet that is low in salt, fat and sugar while being high in fruits, vegetables and whole grains-Keep blood pressure and cholesterol under control-Maintain a healthy weight-Don't smoke or use recreational drugs-Drink alcohol in moderation-Manage stress

Note: If you have any symptoms of bradycardia, it's important to be seen by your doctor. If you're having difficulty breathing, feel faint or have chest pain that lasts more than a few minutes, call 911.

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