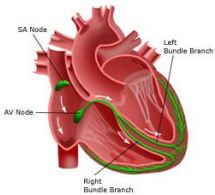


# Arrhythmias

## What is it?

- **Arrhythmias**- abnormal heart rhythms that may be regular or irregular ranging from harmless to life threatening, the most common is heart disease/coronary artery disease, and heart failure and abnormal heart valve function, those starting in the ventricles are more serious, although many are not harmful
- **Heart**- is a muscular organ with four chambers designed to work a lifetime being efficient, reliable and continuous, normal heart rate is 60 to 100 beats per minute, for adults that are physically fits the heart rate runs at a lower rate
  - **Slow Heart**- tachycardia
  - **Fast Heart**- bradycardia



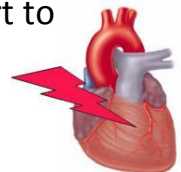
**Minor Arrhythmias**- often triggered by smoking, stress, exercise or excessive alcohol consumption, over or under active thyroid, some medications as those that treat high blood pressure or lung disease may affect the rhythm and rate of the heart

## Signs and Symptoms:

- **Palpitations**- one's heartbeat
- **Hearts Ability to Pump Blood**- can produce dizziness, light-headedness and fainting requiring prompt attention, shortness of breath, slow or fast, brief or prolonged, regular or irregular, chest pain or other unusual sensations

## Facts:

- **Electrocardiogram/ECG**- shows the heart rhythm for a brief period of time
- **Holter Monitor** – worn for 24 hours can provide more information with the person keeping a diary for 24 hours, records sporadic arrhythmias
- **Life-Threatening Arrhythmia**- electro physiologic studies are helpful; a catheter containing wires is threaded through a vein into the heart to determine the type of arrhythmia



## What can I do?

- **See your Health Care Provider**- electrocardiography to detect arrhythmias
- **See a Registered Dietitian**- for help as needed