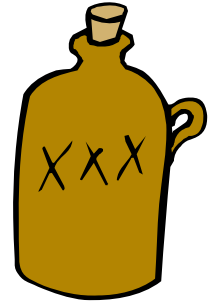


# Heart Palpitations

## What is it?

- Uncomfortable sensation
- Heart beating rapidly or irregularly

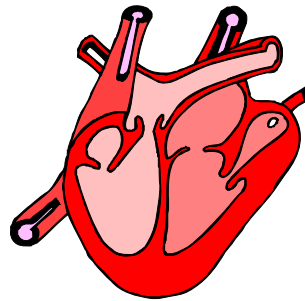


## What is the cause?

- Stress, fatigue, anxiety
- Overuse of alcohol, drugs, stimulants

## What are the Symptoms?

- Pounding or fluttering in chest
- Heart doing a flip flop, skipping or missing a beat
- Racing, an extra heartbeat
- Heart beating in your neck
- Shortness of breath
- Lightheadness, confusion
- Weakness or fatigue



## What do I need to do?

- **See a Health Care Provider**
- **See a Registered Dietitian-** to help with meal planning
- **STOP SMOKING**
- **Decrease Blood Pressure if High** - Low Sodium Diet
- **Decrease Cholesterol-** if High
- **Exercise-** 15 to 30 minutes daily, talk with your Physician
- **Decrease Stress and Relax** - take Deep Breaths
- **Avoid Caffeine, Stimulants, Alcohol**

