

# Tachycardia

## What is it?

- **Tachycardia**– refers to a heart rate/pulse or heart rhythm; beating too fast; the heart pumps less efficiently and provides less blood flow to the rest of the body, including the heart leading to increased work and oxygen demand for the heart which can cause a heart attack; faster than normal heart rate; greater than 100 beats per minute
  - **Bradycardia**- the heart is beating too slow
- **Normal Adult Heart Rate**- 60 to 100 beats per minute when a person is at rest

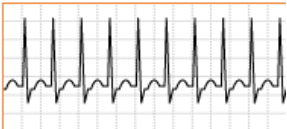
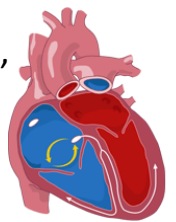


## Symptoms:

- **Symptoms**- chest pain, sweating, changes in patterns of the pulse, shortness of breath/SOB, paleness, light headedness, dizziness, fast or slow heartbeat, fainting or there may be no symptoms

## Facts:

- **Causes**- increase with age; some people with tachycardia have heart problems and some have atherosclerosis/hardening of the arteries and different heart problems as hypertension, heart valve abnormalities, pericarditis, cardiomyopathy, sinus node, and abnormalities of the heart's pumping function
- **Heart Rate**- is controlled by electrical signals sent across the heart tissues
- **Tachycardia**- increases the risk for stroke or cause a sudden cardiac arrest or death
- **Possible Causes of Tachycardia**- exertion, exercise, large meal, emotion, nervousness, fear, anxiety, fever, low blood pressure, high blood pressure, anemia, asthma, hyperthyroidism, prior heart attack, panic attack, panic disorder
  - **Certain Stimulating Substances**- caffeine, nicotine, illicit drugs, certain medications, potassium or B 12 deficiency, excessive dieting, arrhythmias



## What can I do?

- **See your Health Care Provider**- for more information