

DYSRHYTHMIAS

Heart rhythm problems (dysrhythmias) occur when the electric impulses that trigger your heartbeats do not work properly. This can cause your heart to beat too fast, too slow, or irregularly. These beats may feel like a fluttering or racing heart and may be harmless. However, some may cause bothersome and sometimes even life-threatening symptoms.

Long-standing dysrhythmias can lead to heart damage and heart failure if not properly managed. Heart rhythm problems can be genetic or just happen without a known cause. In these cases, it is important to know the signs and get checked out to prevent long-term problems.

Symptoms of heart rhythm problems may include:

- Flutter feeling in your chest
- Chest pain
- Shortness of breath
- Fatigue
- Dizziness
- A racing heartbeat (tachycardia)
- A slow heartbeat (bradycardia)
- Worry
- Sweating or feeling "cold and clammy"

When to see a Health Care Provider

Seek urgent medical care if you have any of these signs and symptoms at a time when you would not expect to feel them.

Prevention

It is important to live a heart-healthy lifestyle to reduce your risk of heart disease and dysrhythmias.



A heart-healthy lifestyle may include:

- Eating a heart-healthy diet
- Staying physically active and keeping a healthy weight
- Avoiding smoking
- Limiting or avoiding caffeine and alcohol
- Reducing stress - intense stress and anger can cause heart rhythm problems

