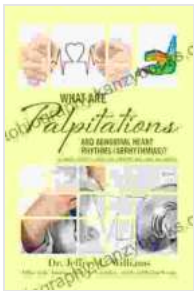


# What Are Palpitations and Abnormal Heart Rhythms (Arrhythmias)?

The heart is a vital organ that pumps blood throughout the body. It does this by contracting and relaxing in a regular rhythm. When the heart's rhythm is disrupted, it can cause palpitations or abnormal heart rhythms (arrhythmias). Palpitations are sensations of a fast, pounding, or fluttering heart. Arrhythmias can range from being harmless to life-threatening.



## What are Palpitations and Abnormal Heart Rhythms (Arrhythmias)?: A Cardiologist's Guide for Patients and Care Providers by Dr. Jeffrey L Williams

★★★★☆ 4.5 out of 5

Language : English  
File size : 5760 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Lending : Enabled  
Screen Reader : Supported  
Print length : 202 pages



## What Causes Palpitations and Arrhythmias?

There are many different causes of palpitations and arrhythmias. Some of the most common include:

- Caffeine

- Alcohol
- Nicotine
- Stress
- Anxiety
- Thyroid problems
- Heart disease
- Electrolyte imbalances
- Medications

### **What Are the Symptoms of Palpitations and Arrhythmias?**

The symptoms of palpitations and arrhythmias can vary depending on the underlying cause. Some of the most common symptoms include:

- Fast heart rate
- Slow heart rate
- Irregular heart rate
- Fluttering in the chest
- Pounding in the chest
- Lightheadedness
- Dizziness
- Fainting
- Shortness of breath

- Chest pain

## **How Are Palpitations and Arrhythmias Diagnosed?**

Palpitations and arrhythmias are diagnosed with a variety of tests, including:

- Electrocardiogram (ECG)
- Holter monitor
- Event recorder Download
- Echocardiogram
- Electrophysiological study

## **How Are Palpitations and Arrhythmias Treated?**

The treatment for palpitations and arrhythmias depends on the underlying cause. Some of the most common treatments include:

- Lifestyle changes
- Medications
- Catheter ablation
- Pacemaker
- Implantable cardioverter-defibrillator (ICD)

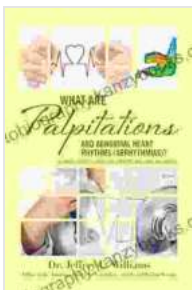
## **Preventing Palpitations and Arrhythmias**

There are a number of things you can do to help prevent palpitations and arrhythmias, including:

- Managing stress
- Eating a healthy diet
- Getting regular exercise
- Limiting caffeine intake
- Avoiding alcohol and nicotine
- Getting enough sleep

Palpitations and arrhythmias are common problems that can affect people of all ages. While most palpitations and arrhythmias are harmless, some can be life-threatening. If you experience palpitations or arrhythmias, it is important to see a doctor to rule out any underlying medical conditions.

With proper diagnosis and treatment, most people with palpitations and arrhythmias can live long, healthy lives.



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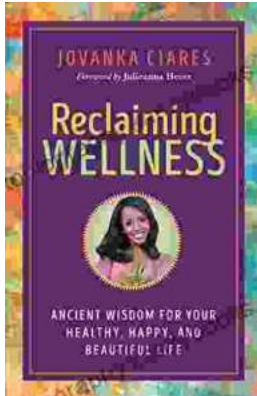
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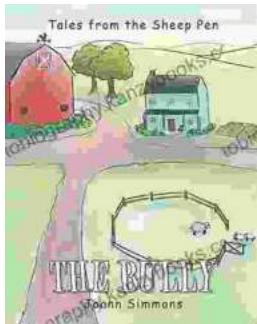
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