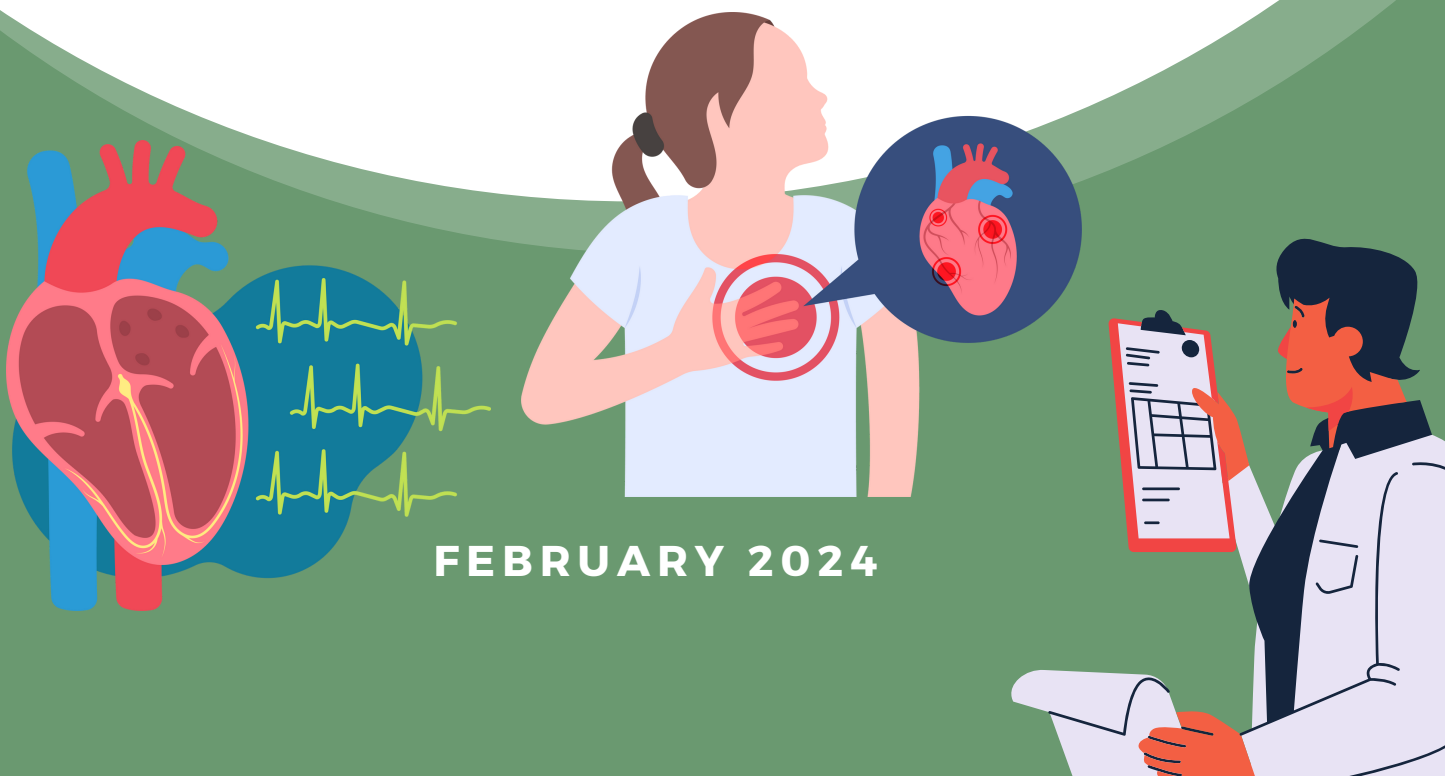


MEDICAL BULLETIN
FEBRUARY 2024

ARRHYTHMIA

Arrhythmias are abnormal heart rhythms that can disrupt the regular beating of the heart. They can manifest as a heartbeat that is too fast, too slow, or irregular. This medical bulletin aims to provide information on the types, causes, symptoms, diagnosis, and management of arrhythmias.

Arrhythmias are common heart disorders that can have a significant impact on an individual's quality of life. Timely diagnosis and appropriate management are essential to prevent complications and improve outcomes. Individuals with symptoms suggestive of arrhythmias should seek prompt medical attention, and healthcare professionals play a crucial role in guiding effective treatment strategies.



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KEY INFORMATION

Types of Arrhythmias:

1. Atrial Fibrillation (AF): Rapid, irregular heartbeat originating in the atria.
2. Atrial Flutter: A rapid, regular atrial rhythm.
3. Supraventricular Tachycardia (SVT): Episodes of rapid heart rate originating above the heart's ventricles.
4. Ventricular Tachycardia (VT): Fast, regular beating of the heart's lower chambers.
5. Ventricular Fibrillation (VF): Rapid, chaotic heartbeat that can be life-threatening.

Causes:

- Heart-related factors: Coronary artery disease, heart attacks, heart valve disorders.
- Other medical conditions: High blood pressure, diabetes, thyroid disorders.
- Lifestyle factors: Smoking, excessive alcohol or caffeine consumption.

Symptoms:

- Palpitations or fluttering in the chest.
- Fatigue.
- Dizziness or lightheadedness.
- Fainting (syncope).
- Shortness of breath.

Prevention:

- Lifestyle modifications: Maintain a heart-healthy diet, regular exercise, and manage stress.
- Medication adherence: Take prescribed medications as directed.
- Regular follow-up: Keep scheduled appointments with healthcare providers.

