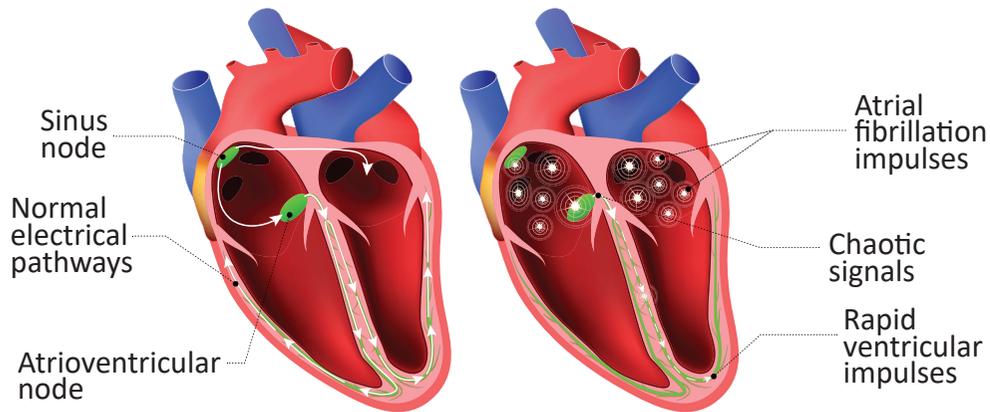




# Dysrhythmia

## Cardiac arrhythmia



NORMAL HEART    ATRIAL FIBRILLATION

## What is it?

**Dysrhythmia** is an irregular heart beat, also known as **Arrhythmia**. Normal heart beat results from an impulse generated by a complex electrical system. The two upper chambers (atria) contract first, followed by the two lower chambers (ventricles). There are many different types of dysrhythmias, caused by a number of different factors. Atrial fibrillation is one of the most common types. Ventricular fibrillation is the riskiest.

## Risks factors

- High blood pressure
- Coronary Artery Disease
- Congenital Heart Disease (present at birth)
- Heart failure
- Pulmonary Embolism (blood clot in lung)
- Hyperthyroidism (overactive thyroid)
- 10% of people will have no underlying heart condition
- Alcohol abuse
- Abnormal heart valves
- Cardiomyopathy (a disease of the heart muscle)
- Chronic Lung Disease
- Certain drugs
- Severe infections
- Stress
- Metabolic imbalances
- Excessive caffeine intake

## Possible Causes

- Heart palpitations
- Lack of energy
- Dizziness
- Chest pain or discomfort
- Shortness of breath
- Fainting or collapse
- Sudden death



# Diagnosis

The diagnosis is a cardiograph (ECG) to identify the type of Dysrhythmia.

Thereafter, further testing, such as blood tests and radiology, may be needed.



# Treatment

- **Identification and management** of the cause of the problem. Various medications can restore the heart to a normal rhythm and control the heart rate.
- **Blood thinners** reduce the risk of blood clots forming.
- When medication is not effective, a procedure called **Cardioversion** may be necessary.
- **Cardiac Ablation Therapy**
- A device, called a **Pacemaker**, can also be inserted to control the heart rhythm.
- An **ICD (Implantable Cardioverter Defibrillator)** is a device which detects abnormal heart rhythm and responds to correct it. It can be used – but is very expensive.
- A **Maze procedure** (an open heart surgical procedure where incisions are made in the atriums to stop abnormal electrical impulses from forming).

# Management

**THE MAIN GOALS OF MANAGING DYSRHYTHMIA INCLUDE:**

- 1** Managing any conditions that cause or contribute to the disease
- 2** Stopping the disease from getting worse
- 3** Controlling signs and symptoms so that you can live as normally as possible
- 4** Reducing complications and the risk of a heart attack

## LIFESTYLE CHANGES

