



IRREGULAR HEARTBEAT OR ARRHYTHMIA ARE YOU AT RISK?

Heart arrhythmias are quite common. Almost everyone will experience an abnormal heart rhythm at some point during their lives. Most of them aren't serious.

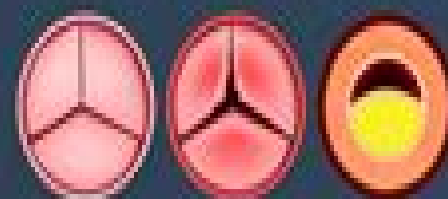
KNOW THE HUMAN HEART

- The rhythm and rate of the heartbeat are controlled by an electrical stimulus generated by the sinus node (sinatrial node) located in the right upper chamber of the heart.
- The heart pumps about 2000 gallons of blood through the body every day.
- The typical heart beats around 25 billion times in a 70-year average lifetime of an individual.

ARRHYTHMIA

- When the heart beats faster than the natural rhythm of 60 to 100 beats per minute it is called Tachycardia.
- When the heart beats too slow when compared to the average rate it is called Bradycardia.

CONDITIONS ASSOCIATED WITH AN IRREGULAR HEARTBEAT



- Tachycardia
- Bradycardia
- Atrial Fibrillation
- Atrial flutter
- Ventricular Fibrillation
- Long QT syndrome

SYMPTOMS OF ARRHYTHMIA



Rapid heartbeats (also known as palpitations)



Feeling out of control



A fluttering or thumping sensation in the chest



Shortness of breath and chest pain



Feeling constantly tired



Dizziness

WHAT YOU CAN DO?

- Eat a balanced diet
- Take time out for exercise regularly
- Avoid nicotine and tobacco smoke
- Maintain a healthy weight
- Alcohol consumption moderation
- Practice yoga, meditation, and other relaxation techniques
- Maintain after-treatment care



TREATMENT PROCEDURE



- Antiarrhythmic drugs
- Calcium channel blockers
- Beta-blockers
- Anticoagulants
- Inserting a pacemaker
- Maze procedure

Beat Too Long

Yan Bai



Beat Too Long:

This book delves into Beat Too Long. Beat Too Long is a crucial topic that must be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Beat Too Long, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Beat Too Long
- Chapter 2: Essential Elements of Beat Too Long
- Chapter 3: Beat Too Long in Everyday Life
- Chapter 4: Beat Too Long in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Beat Too Long. The first chapter will explore what Beat Too Long is, why Beat Too Long is vital, and how to effectively learn about Beat Too Long.

3. In chapter 2, the author will delve into the foundational concepts of Beat Too Long. This chapter will elucidate the essential principles that need to be understood to grasp Beat Too Long in its entirety.

4. In chapter 3, this book will examine the practical applications of Beat Too Long in daily life. This chapter will showcase real-world examples of how Beat Too Long can be effectively utilized in everyday scenarios.

5. In chapter 4, this book will scrutinize the relevance of Beat Too Long in specific contexts. The fourth chapter will explore how Beat Too Long is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, this book will draw a conclusion about Beat Too Long. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Beat Too Long.

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Beat Too Long Introduction

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