

Insights on Heart Arrhythmia

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Editorial

An arrhythmia of the heart is an irregular heartbeat. Heart rhythm issues occur when the electrical signals that coordinate the heart's beats malfunction. Because of the faulty signalling, the heart beats too quickly (tachycardia), too slowly (bradycardia), or irregularly. Heart arrhythmias, which can feel like a fluttering or racing heart, are usually harmless. Some heart arrhythmias, on the other hand, can cause bothersome and sometimes even life-threatening. However, it is sometimes normal for a person's heart rate to be fast or slow. For example, during exercise, the heart rate may increase, while during sleep, it may decrease.

Medication, catheter procedures, implanted devices, or surgery may be used to control or eliminate fast, slow, or irregular heartbeats. A heart-healthy lifestyle can help prevent heart damage, which can lead to arrhythmias. Heart arrhythmias are classified based on the rate at which the heart beats. As an example: Tachycardia is characterised by a rapid heartbeat. The resting heart rate exceeds 100 beats per minute. Bradycardia is characterised by a slow heartbeat. The heart rate at rest is less than 60 beats per minute.

Atrioventricular Fibrillation a rapid, uncoordinated heart rate is caused by chaotic heart signalling. Although the condition may be temporary, some A-fib episodes may persist unless treated. A-fib is linked to serious complications like stroke. Atrial flutter is a condition in which the heart beats irregularly. A-fib is similar to atrial flutter, but the heartbeats are more organized. Stroke is also linked to atrial flutter. Supraventricular Tachycardia (SVT). Supraventricular tachycardia is a catch-all term for arrhythmias that begin above the lower heart chambers (ventricles). Supraventricular tachycardia causes pounding heartbeats (palpitations) that start and stop abruptly. Although a resting heart rate of less than 60 beats per minute is considered bradycardia, a low resting heart rate does not always indicate a problem. If you're physically fit, your heart may be able to pump enough blood to the body even if it's beating at less than 60 beats per minute at rest.

You may have bradycardia, if your heart rate is slow and your heart isn't pumping enough blood. The following are examples of bradycardias, chronic

sinusitis. The sinus node is in charge of regulating the heartbeat. If it fails to function properly, the heart rate may alternate between being too slow (bradycardia) and being too fast (tachycardia). Premature heartbeats are extra beats that occur one at a time, occasionally in patterns that alternate with the normal heartbeat. The extra beats can come from either the top or bottom chambers of the heart premature atrial contractions and premature ventricular contractions.

A premature heartbeat may cause you to feel as if your heart skipped a beat. These extra beats are usually not a cause for concern, and they rarely indicate a more serious condition. Even so, a premature heartbeat can cause a longer-lasting arrhythmia, particularly in people with heart disease. Very frequent premature beats that last for several years may occasionally result in a weak heart. When you are resting, you may experience premature heartbeats. Stress, strenuous exercise, or stimulants such as caffeine or nicotine can all cause premature heartbeats [1-5].

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