

ARRHYTHMIA AWARENESS

What are the causes, risk, and current treatments?



WHAT IS YOUR RISK?

70% of people with AFib are between the ages of 65 and 85. Men have a higher incidence of AFib than women in each age group. Women with AFib are at greatest risk of stroke and of dying than men with AFib.



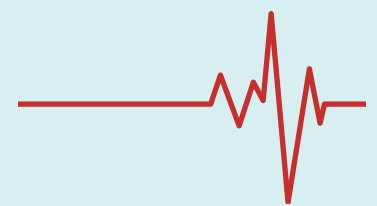
WHAT ARE THE SYMPTOMS?

A sensation of feeling one's own heartbeats, fainting, light-headedness, dizziness, chest pain, paleness, and temporarily shortness of breath.



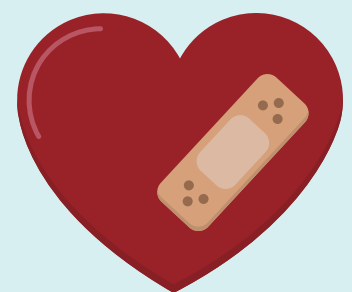
HOW DO YOU TEST FOR IT?

Your doctor can perform a variety of tests including, blood tests to attempt to pinpoint the cause of the arrhythmia, an ECG, chest x-ray, ambulatory cardiac monitoring, and an Echocardiogram.



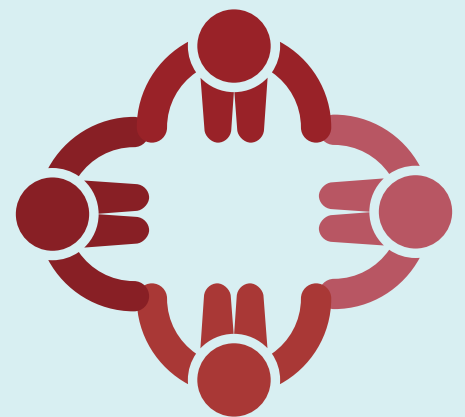
WHAT ARE YOUR TREATMENT OPTIONS?

Most current treatments focus on using medication to reduce the risk of blood clots and normalize heart rate. Low energy shocks can be used to try and restore normal heart rhythm; if none of these options are successful a procedure called catheter ablation may be used.



HOW DO YOU MANAGE IT?

Arrhythmia can be aggravated by habits like smoking, excessive alcohol, and too much caffeine. Avoiding these behaviors combined with regular exercise and doctors appointments, and a low-cholesterol diet can reduce the incidence of arrhythmia.



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