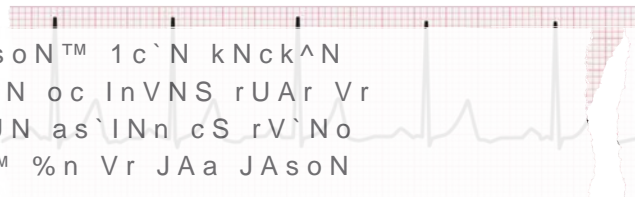


# What is an Arrhythmia?

An arrhythmia is an abnormal heart rhythm. It may

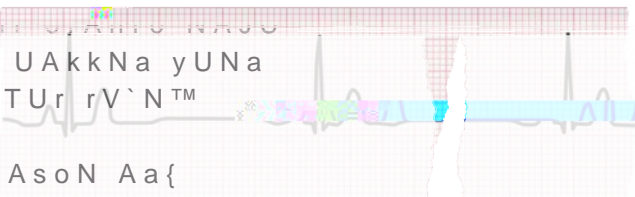
be the heart rate to be too slow or too fast.



A normal heartbeat

Bradycardia is when the heart rate is too slow —

Tachycardia is when the heart rate is too fast —



bradycardia

Tachycardia is when the heart rate is too fast —

- Bradycardia is when the heart rate is too slow —
- Tachycardia is when the heart rate is too fast —



tachycardia

## How are arrhythmias diagnosed?

- When it's very brief, an arrhythmia can have almost no symptoms. It can feel like a skipped heartbeat that you barely notice.
- When abnormal heart rhythms are severe or last for a long time, you may feel dizzy, lightheaded, or faint. In extreme cases, it can cause cardiac arrest.
- Tachycardia can reduce the heart's ability to pump blood. In extreme cases, it can also cause heart attack or death.

Before treatment, it's important for your health care team to know what type of arrhythmia you have. There are several ways to diagnose an arrhythmia:

- **ECG (Electrocardiogram):** A test that measures and records your heart's electrical activity. It can be done in a doctor's office or at home with a portable device.
- **Event Monitor:** A small device that you wear for a few weeks. It records your heart's rhythm whenever you feel symptoms.
- **Implantable Loop Recorder:** A small device that is implanted in your chest. It records your heart's rhythm continuously for up to a year.
- **Tilt Table Test:** A test where you lie on a table that can be tilted at different angles. This helps to see if your heart rate changes when you stand up.
- **Stress Test:** A test where you exercise on a treadmill while your heart rate and blood pressure are monitored.



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