

IRREGULAR HEARTBEAT OR **ARRHYTHMIA**

ARE YOU AT RISK?



HEART ARRHYTHMIA IS QUITE COMMON.

Almost everyone will experience an abnormal heart rhythm at some point during their lives. Most of them are not serious.

~56MN PEOPLE



SUFFER FROM
ARRHYTHMIA
IN INDIA

WHAT IS ARRHYTHMIA (IRREGULAR HEARTBEAT)?

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 AS COMPARED
TO THE AVERAGE RATE, IT
IS CALLED **BRADYCARDIA**



Reference:

<https://www.narayanahealth.org/irregular-heartbeat/>

<https://infographicsite.com/infographic/what-is-arrhythmia/>

<https://www.heartrhythmalliance.org/au/uk/heart-rhythm-world/>

IRREGULAR HEARTBEAT OR **ARRHYTHMIA**

SYMPTOMS



Skipped beats



Fluttering/thumping
sensation in the chest



Feeling
constantly tired



Passing out
frequently



Shortness of breath
and chest pains



Pacing heart

DID YOU KNOW?
IT IS POSSIBLE THAT
ARRHYTHMIAS PRESENT
NO SYMPTOMS
AT ALL!



THIS IS WHY IT IS IMPORTANT TO
KNOW YOUR PULSE
TO KNOW YOUR HEART RHYTHM
IT COULD SAVE YOUR LIFE!

WHAT CAN YOU DO?

- Eat a balanced diet
- Take time out for exercise regularly
- Avoid Nicotine and Tobacco smoke
- Maintain a healthy weight
- Alcohol consumption moderation
- See your cardiologist if you have symptoms
- Practice yoga, meditation and other relaxation techniques
- Maintain after-treatment care