

## WHAT IS AVNRT?

Atrioventricular nodal reentry tachycardia (AVNRT) is the most common type of supraventricular tachycardia (SVT), which is an abnormally fast heartbeat. It is caused by a reentrant circuit (an accessory pathway) located in or near the atrioventricular (AV) node. This reentrant circuit can cause the heart to beat prematurely, leading to fast heart rates (tachycardia).

## HOW IS AVNRT DIAGNOSED?

Dr. Yoo will use a combination of a physical exam, medical history, and testing, which may include:

- electrocardiogram (ECG/EKG)
- Holter monitor
- echocardiogram
- stress test
- electrophysiological (EP) test



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## ATRIOVENTRICULAR NODAL REENTRY TACHYCARDIA

Informational  
Pamphlet

## CAUSES OF AVNRT:

Causes of AVNRT episodes include:

- certain medications, like those for asthma, colds, and allergies
- smoking, drinking
- caffeine
- drugs and stimulants
- prior cardiac surgery

## SYMPTOMS OF AVNRT:

Episodes of AVNRT often start and end suddenly. Symptoms include:

- fluttering in the chest
- rapid heartbeat (palpitations)
- shortness of breath
- lightheadedness or dizziness
- sweating
- pounding sensation in the neck
- fainting (syncope) or near-fainting

## TREATMENTS FOR AVNRT:

Dr. Yoo will determine the type of treatment necessary based on the frequency of your episodes and the symptoms they cause. Treatments may include: cardioversion, antiarrhythmic medication(s), a catheter ablation procedure, a pacemaker implant, or Vagal maneuvers.

It is a good idea to keep a log of your heart rate, symptoms, and activity at the time of an episode in order to know what triggers to avoid.

## RISK FACTORS:

Risk factors include:

- middle to older age
- history of heart attack, heart failure, or heart disorders
- history of heart surgery
- thyroid problems
- certain drugs and supplements
- anxiety or emotional stress
- physical fatigue
- diabetes
- obstructive sleep apnea
- pregnancy
- chronic lung disease

## ADDITIONAL RESOURCES:

For more information, please refer to these websites:

[www.stanfordhealthcare.org](http://www.stanfordhealthcare.org)



[www.mayoclinic.org](http://www.mayoclinic.org)

