What is Brugada Syndrome?

Brugada syndrome is a rare genetic disorder that affects the heart's electrical system and can lead to a dangerous irregular heart rhythm called ventricular fibrillation (cardiac arrest). Many people with Brugada syndrome don't show noticeable symptoms and are unaware that they have it until they have a serious cardiac event.

How is Brugada Syndrome diagnosed?

Dr. Yoo will use a combination of a physical exam, medical history, and testing, such as an electrocardiogram (EKG/ECG) to look for what's called a Brugada sign. If you have this sign but don't show symptoms, Dr. Yoo may also perform an electrophysiology (EP) study. In addition, Dr. Yoo may recommend genetic screening using Invitae.

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HEART RHYTHM SPECIALISTS

BRUGADA SYNDROME

Informational Pamphlet

Causes of Brugada Syndrome:

Causes of Brugada syndrome include:

- structural heart abnormality
- electrolyte imbalance
- certain medications

Symptoms of Brugada Syndrome:

Most people with Brugada don't experience or notice symptoms unless they have a cardiac event. Those who do experience symptoms may experience:

- fainting (syncope)
- irregular, rapid, or fluttering heartbeat (palpitations)
- sudden cardiac arrest (SCA)
- gasping or labored breathing, especially at night
- fast and chaotic heartbeat
- seizures

Treatments for Brugada Syndrome:

Treatment depends on your level of risk; if you are at high risk, treatment may include an implantable cardioverter-defibrillator (ICD), drug therapy, and catheter ablation. However, you can also reduce risks of abnormal rhythms with the following lifestyle modifications:

- treating fever and respiratory illnesses aggressively
- avoiding certain heart medications and stimulants
- limiting alcohol
- avoiding high stress activities

Risk Factors:

Risk factors include:

- family history
- being male
- Asian heritage
- fever and respiratory illnesses which can trigger symptoms

Additional Resources:

For more information, please refer to these websites:

www.texasheart.org

www.mayoclinic.org