

WHAT ARE HEART PALPITATIONS?

Heart palpitations caused by abnormal or fast cardiac rhythms have many presentations but are often described as a pounding, racing or fluttering. They can be the result of stress, exercise, or medicine, but sometimes they are a symptom of a serious underlying condition or arrhythmia.

HOW ARE PALPITATIONS DIAGNOSED?

Dr. Yoo will use a combination of a physical exam, medical history, and, if necessary, testing to discover what is causing your palpitations. Tests may include:

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



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HEART PALPITATIONS

Informational
Pamphlet

CAUSES OF HEART

PALPITATIONS:

Causes of palpitations include:

- stress, anxiety, or panic attacks
- depression
- strenuous exercise
- stimulants such as caffeine, nicotine, and amphetamines,
- fever or respiratory illnesses

SYMPTOMS OF HEART

PALPITATIONS:

Heart palpitations may feel like your heart is beating too fast, too hard, or irregularly. Tell Dr. Yoo if you also experience any of the following:

- chest pain (angina) or discomfort
- fainting (syncope)
- shortness of breath
- dizziness or lightheadedness
- confusion
- weakness
- excessive sweating
- pain in arms, neck, jaw, or upper back
- a resting heart rate above 100 bpm (tachycardia)

TREATMENTS FOR

PALPITATIONS:

Depending on your symptoms and the frequency and cause of your palpitations, Dr. Yoo may recommend medical management using antiarrhythmics or an ablation procedure. Reducing the following triggers can also significantly reduce your symptoms:

- reducing stress
- avoiding stimulants
- eating a healthy diet
- regular exercise
- limiting alcohol

RISK FACTORS:

Risk factors may include:

- anxiety disorder
- medications or stimulants
- pregnancy, menstruation, or menopause
- hyperthyroidism
- history of heart attack(s), heart defects, arrhythmias, or other heart problems
- history of heart surgery

ADDITIONAL

RESOURCES:

For more information, please refer to these websites:

www.mayoclinic.org



www.healthline.com

