What is long QT syndrome (LQTS)?

Long QT syndrome (LQTS) is a rhythm abnormality in which the Q-T interval is much longer than normal. The Q-T interval is a measurement of the time it takes the heart recharges (repolarize) after contracting. LQTS is either inherited or acquired and it is a serious condition that may cause arrhythmias and cardiac arrest.

How is long qt syndrome diagnosed?

Dr. Yoo will use a combination of a physical exam, testing, past medical history, and family history to diagnose the patient. Testing for LQTS may include:

- an electrocardiogram (ECG)
- stress test
- an EP study
- genetic testing

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HEART RHYTHM SPECIALISTS

LONG QT SYNDROME

Informational Pamphlet

Causes of long qt syndrome:

Long QT Syndrome mainly occurs in people who have a family history of Long QT as it is a genetic disorder. It can also be caused by certain medications such as:

- antidepressants
- antiarrhythmics
- antihistamines
- diuretics

Symptoms of long qt syndrome:

Although sometimes symptoms don't present themselves, they include:

- fainting (syncope)
- sudden cardiac arrest (SCA)
- seizures

Treatments for long qt syndrome:

Treatment for Long QT Syndrome may include:

- medications such as beta blockers
- a pacemaker
- an implantable cardioverter defibrillator (ICD)
- lifestyle changes that minimize risk of arrhythmias and symptoms

Risk Factors:

Risk factors that lead to Long QT Syndrome include:

- past family history of LQTS
- low sodium levels
- low potassium levels

Additional Resources:

For more information, please refer to these websites:

www.nhlbi.nih.gov

www.mayoclinic.org