

WHAT IS SICK SINUS SYNDROME? (SSS)

SSS is a disease in which the heart's natural pacemaker, the sinoatrial (SA) node, malfunctions and is unable to generate a normal heart rhythm, causing the heartbeat to become irregular, resulting in arrhythmias.

HOW IS SSS DIAGNOSED?

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

- electrocardiogram (ECG)
- stress test
- event recorder
- Holter monitor
- implantable loop recorder



CONTACT US

4500 Hillcrest Rd. Suite
100

Frisco, TX 75035

(972) 372 4505

www.hrsmedical.com

Facebook: hrsmedical

Instagram: hrsmedical



SICK SINUS SYNDROME

Informational
Pamphlet

CAUSES OF SSS:

Any disease or condition that damages heart tissue and the SA node can cause SSS. These include: heart failure, previous heart attack, coronary artery disease, high blood pressure, atrial fibrillation, hemochromatosis, scleroderma, sarcoidosis, amyloidosis. Certain medications such as anti-arrhythmics, digoxin, beta-blockers, and calcium channel blockers, can also cause sick sinus syndrome.

SYMPTOMS OF SSS:

Although most people with SSS have mild symptoms, they can include:

- headache
- chest pain (angina)
- palpitations
- fatigue
- dizziness
- fainting (syncope)
- shortness of breath
- nausea

TREATMENTS FOR SSS:

Treatment may include:

- pacemaker implant to help pace the SA node and regulate heart rate
- medication(s) to help control abnormal rhythms
- blood thinners to prevent blood clots.
- treatment of other underlying conditions.
- ablation procedure to cauterize the tissue that is causing the abnormal rhythms.

RISK FACTORS:

Risk factors that may lead to SSS include:

- heart failure
- previous heart attack
- coronary artery disease
- high blood pressure
- sleep apnea
- obesity
- lack of exercise
- older age

ADDITIONAL RESOURCES:

For more information, please refer to these websites:

www.hopkinsmedicine.org



www.mayoclinic.org

