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Healthy Habits - Arrhythmia

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Heart and Health

Medical

What are Arrhythmias, and how can a healthy lifestyle help?

An Arrhythmia is when the heart is beating irregularly, this is a problem with the rate or rhythm of your heartbeat. It is regular for your heart rate to increase during exercise and slow down when resting, but when your heart is beating too quickly, too slowly, or with an irregular rhythm it may mean that your heart is not pumping enough blood to your body. Some causes of arrhythmia are excessive consumption of Caffeine, illegal drugs, stress, anxiety, and lack of potassium, magnesium, and calcium. It is important to have a healthy lifestyle and healthy habits in your life to help prevent irregular heartbeat. When you consume an excessive amount of caffeine it can cause arrhythmias. For example, “In 2017, 16-year-old David Allen Cripe suffered a caffeine-induced cardiac arrhythmia (abnormal heart rhythm) after drinking a McDonald’s latte, a large diet Mountain Dew, and an energy drink within a two-hour period. Although he had no history of heart problems, doctors say that ingesting lots of caffeine in a short period of time caused a fatal change in his heart function and blood pressure. In December 2011, a 14-year-old Maryland girl died after drinking two large cans of Monster energy drink over the course of two days. A medical examiner ruled her death was “cardiac arrhythmia due to caffeine toxicity.” The teen had an underlying heart condition, though doctors did not think it was serious enough that she had to avoid caffeine or exercise.” (Tasian) This shows how excessive consumption of caffeine is not good for the body and can lead to heart problems, or death. When a user takes illegal drugs such as meth, the heart rate increases, which can place a heavy strain on the body and, over time, can result in damage to the

heart and lungs. It is recommended for people to drink more water, exercise, destress, and eat more clean and healthy.

Symptoms/ Causes

- ❖ Fluttering heartbeat
- ❖ Anxiety
- ❖ Chest pain or discomfort
- ❖ Confusion
- ❖ Difficulty breathing, or gasping during sleep
- ❖ Dizziness and fainting
- ❖ Tiredness or weakness
- ❖ Heart Palpitations

Causes

- ❖ Excessive Caffeine Intake
- ❖ Stress
- ❖ Illegal Drugs/ Smoking

Procedures

- ❖ At Heart and Health, there are tests to help patients discover their irregular heartbeats. Patients can take an echocardiogram, walk test, and stress test.
- ❖ Holter Monitor

Reference:

<https://teenhealthandwellness-xaaa.org.scoolaid.net/article/77/4?search=arrhythmia>