

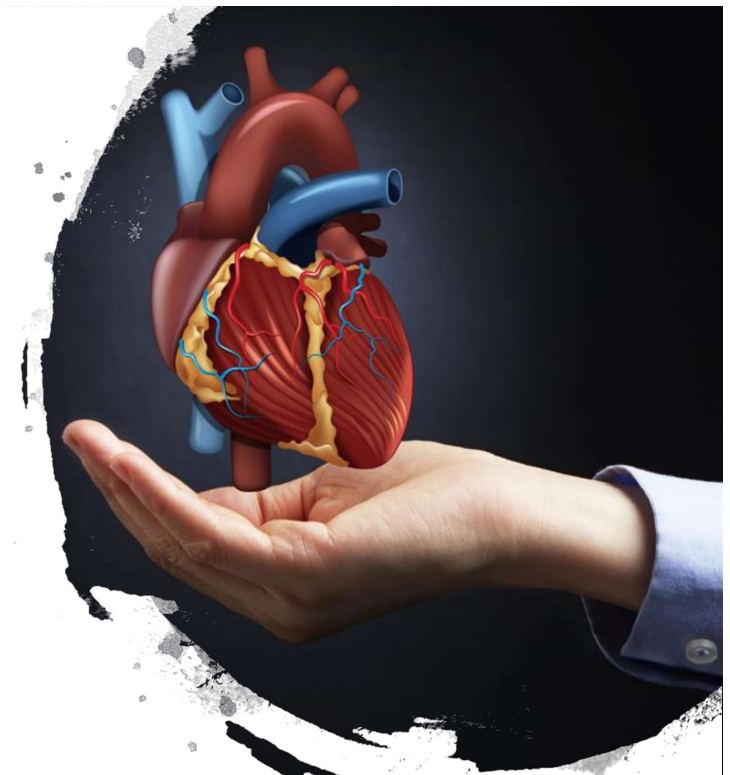
Bio-Touch Healing  
Health Condition Workshop:

**arrhythmias**

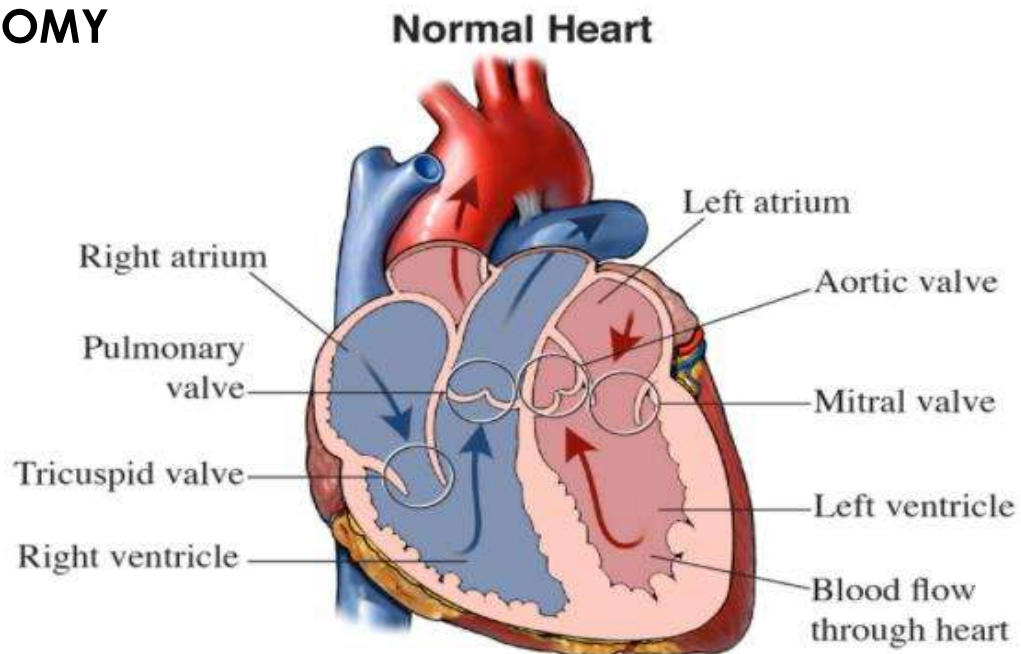
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04.22.2021



- Anatomy
- Types of Arrhythmias
- Causes
- Risk Factors
- Screening & Prevention
- Signs and Symptoms
- Complications
- Diagnosis
- Treatment
- Living With
- More Information



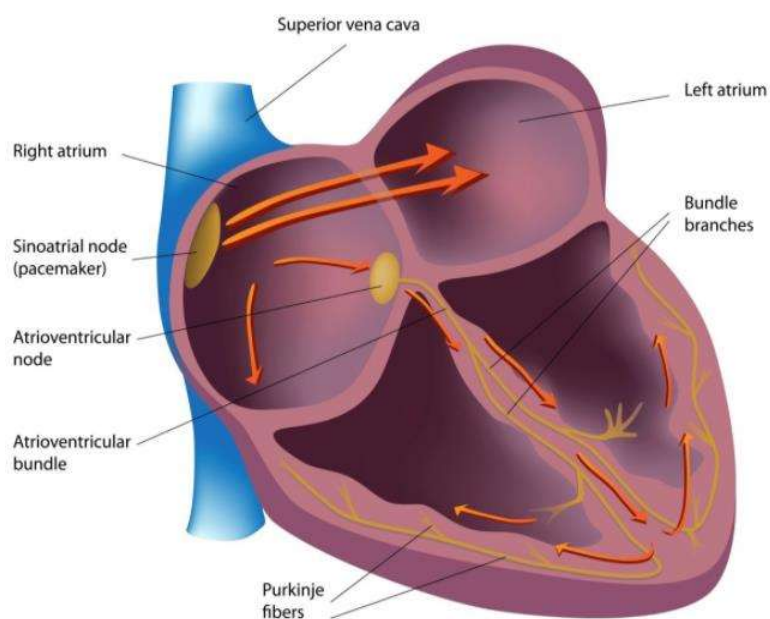
# ANATOMY



[www.nlm.nih.gov/health-topics/arrhythmia](http://www.nlm.nih.gov/health-topics/arrhythmia)

## Anatomy

### The Cardiac Conduction System



[Learn About The Normal Heart Rhythm \(theafibclinic.com\)](http://theafibclinic.com)

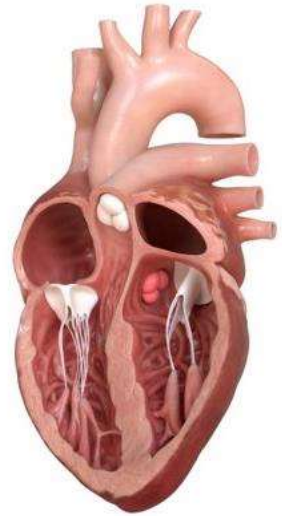
## Types

### ARRHYTHMIAS DIFFER FROM NORMAL HEARTBEATS

- speed
- rhythm

### ARRHYTHMIAS ARE GROUPED BY WHERE THEY OCCUR

- upper chambers
- lower chambers
- between the chambers



## Types



### THE MAIN TYPES OF ARRHYTHMIAS

- bradyarrhythmia
- premature or extra heartbeat
- tachycardia

### SUPRAVENTRICULAR ARRHYTHMIAS

- atrial fibrillation
- atrial flutter
- paroxysmal supraventricular tachycardia (psvt)

### VENTRICULAR ARRHYTHMIAS

- ventricular tachycardia
- ventricular fibrillation

## ARRHYTHMIAS ARE TYPICALLY SET OFF BY A TRIGGER

### Causes

- Changes to the heart
- Exertion or strain
- Imbalances in the blood
- Medicines
- Problems with the electrical signals in the heart
- Unknown cause

### Risk Factors

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Race or ethnicity

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Sex

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Surgery

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Age

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Environment

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Family history and genetics

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Lifestyle habits

# Risk Factors

Aneurysms

Autoimmune disorders

Cardiomyopathy

Diabetes

Eating disorders

Heart attack

Heart inflammation

Heart failure

Abnormal heart tissue

High blood pressure

# Screening & Prevention

## SCREENING TESTS

- electrocardiogram (EKG or ECG)
- stress test,
- portable monitor
- genetic testing
- imaging tests

## PREVENTION STRATEGIES

- Avoiding triggers:
  - caffeine or stimulants
  - cannabis
  - illegal drugs
- Implantable or wearable cardioverter defibrillator
- Making heart-healthy lifestyle changes:
  - heart-healthy eating
  - being physically active
  - aiming for a healthy weight
  - quitting smoking
  - managing stress

# Symptoms



## Cardiac

- Slow or irregular heartbeat
- Notice pauses between heartbeats
- Palpitations
- Feel like your heart skipped a beat
- Pounding or racing
- Chest pain



## Body

- Anxiety
- Blurred vision
- Difficulty breathing
- Fainting or nearly fainting
- Foggy thinking
- Fatigue
- Sweating
- Weakness, dizziness, and light-headedness

# Complications

## Heart

- Heart failure
- Stroke
- Sudden cardiac arrest
- Sudden infant death syndrome (SIDS)
- Worsening arrhythmia

## brain

- Cognitive impairment
- Dementia
- Alzheimer's disease
- stroke

# DIAGNOSIS

## SYMPTOMS

## MEDICAL HISTORY

## PHYSICAL EXAM

## DIAGNOSTIC PROCEDURES

- Blood tests
- Cardiac catheterization
- Chest X-ray
- Echocardiography (echo)
- EKG, or ECG
- Electrophysiology study (EPS)
- Holter or event monitor
- Implantable loop recorder
- Sleep study
- Stress test or exercise stress test
- Tilt table testing
- Ultrasound

# TREATMENT

## MEDICATIONS

- Adenosine
- Atropine
- Beta blockers
- Blood thinners
- Calcium channel blockers
- Digitalis, or digoxin
- Potassium channel blockers
- Sodium channel blockers

## SURGICALLY IMPLANTED DEVICES

- Implantable Cardioverter Defibrillators (ICDs)
- Pacemakers

## MEDICAL PROCEDURES

- Cardioversion
- Catheter ablation

#### OTHER TREATMENTS

- Treatment may also include managing any underlying condition
- Supplements to treat magnesium or electrolyte deficiencies.
- Certain techniques to slow your heart rate & stimulate your body's natural relaxation processes
- Having you cough or gag
- Having you hold your breath and bear down, which is called the Valsalva maneuver
- Having you lie down
- Putting a towel dipped in ice-cold water over your face

#### HEALTHY LIFESTYLE CHANGES

- Aiming for a healthy weight
- Being physically active
- Heart-healthy eating
- Managing stress
- Quitting smoking
- Follow your treatment plan
- Keep your regular appointments
- Monitor your condition
- Learn the warning signs and have a plan

## FOR MORE INFORMATION:

#### ARRHYTHMIAS :

NIH-National Heart, Blood and Lung Institute:

[www.nhlbi.nih.gov/health-topics/arrhythmia](http://www.nhlbi.nih.gov/health-topics/arrhythmia)

[www.nhlbi.nih.gov/health-topics/all-publications-and-resources/brief-your-guide-living-well-heart-disease](http://www.nhlbi.nih.gov/health-topics/all-publications-and-resources/brief-your-guide-living-well-heart-disease)

MedlinePlus:

[www.Medlineplus.gov/arrhythmia.html](http://www.Medlineplus.gov/arrhythmia.html)

[www.Medlineplus.gov/atrialfibrillation.html](http://www.Medlineplus.gov/atrialfibrillation.html)

#### GRAVES DISEASE:

[www.niddk.nih.gov/health-information/endocrine-diseases/graves-disease](http://www.niddk.nih.gov/health-information/endocrine-diseases/graves-disease)

#### SIDS:

[www.nichd.nih.gov/health/topics/sids](http://www.nichd.nih.gov/health/topics/sids)

#### BIO-TOUCH HEALING:

[www.justtouch.com](http://www.justtouch.com)



# •Thank You

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