Making some lifestyle changes, such as limiting caffeine and alcohol intake and refraining from smoking, can help reduce your chance of developing arrhythmia.

**WHAT ARE ARRHYTHMIAS?**

Our hearts are controlled by electrical impulses that tell it when to beat. Arrhythmias, also known as heart rhythm disorders, occur when there is a problem with these impulses, causing the heart to beat too quickly, too slowly, or in an irregular way.

**Arrhythmias affect millions of people worldwide,1 and are also becoming more common, as people live longer and risk factors increase.2 Common causes and triggers of arrhythmias include underlying conditions such as:**

- Weakened heart muscle
- Blockage in the arteries that supply blood to the heart
- High blood pressure
- Diabetes
- Sleep apnea
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There are several different kinds of arrhythmias. Among the most common are:

- **Atrial fibrillation**
- **Supraventricular tachycardia**
- **Bradycardia**
- **Ventricular fibrillation**

**COMMON CAUSES OF ARRHYTHMIAS**

There are a range of different arrhythmia symptoms, and some arrhythmias do not cause any symptoms.

**Palpitations** are heartbeats that become noticeable, for example, due to a fluttering, thumping, or racing sensation, and are a common symptom of arrhythmias. Having palpitations does not necessarily mean that you have a heart rhythm problem. However, if you experience them regularly or for an extended period of time, you should see a medical professional.

Other symptoms of arrhythmia can include shortness of breath, feeling tired, and dizziness.

**IMPACT OF ARRHYTHMIAS**

Some arrhythmias do not carry the risk of severe consequences. Other arrhythmias can be dangerous and even life threatening. Early diagnosis and appropriate treatment can help prevent severe impacts of arrhythmia.

**HOW ARE ARRHYTHMIAS TREATED?**

Most people with arrhythmias can live a normal life with appropriate treatment. The treatment selected depends on the type of arrhythmia, and include:

- **Lifestyle changes**
- **Medication**
- **Electric cardioversion**
- **Pacemaker**
- **Implantable cardioverter defibrillator (ICD)**

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