

Modern Solutions To The Origin Of Arrhythmia As A Symptom Of Various Diseases

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Abstract: Arrhythmia is a pathological condition in which heart rate, rhythm and sequence of heart contractions are disturbed. This is the general name of pathology, which is characterized by any deviation from the normal state of the heart. There are several types of arrhythmia, each of which has its own symptoms and causes. Let's take a closer look at what arrhythmia is, how it manifests itself, how many types there are, and how to treat them.

Arrhythmia attacks can occur in both young and old age. Of course, adults are more prone to heart problems, but even children suffer from arrhythmias. Pathology can be congenital or acquired. The second type is more common.

Normal heart rate is 60-80 beats per minute. With changed indicators, arrhythmia develops, which can lead to harmful consequences.

Key words: arrhythmia, types, prevention, symptoms

The information in this section cannot be used for self-diagnosis and self-treatment. In case of pain or other exacerbation of the disease, diagnostic tests should be prescribed only by the attending physician. You should contact your doctor for a diagnosis and to prescribe the right treatment. In order to accurately evaluate the results of your analyzes over time, it is preferable to conduct research in the same laboratory, since different laboratories may use different research methods and units of measurement to perform the same analysis.

Types of arrhythmia

There are several types of arrhythmia. Specialists have studied them in detail and individual treatment is selected for each type. Division occurs depending on which part of the heart causes problems. There are 3 main types in total: sinus, ventricular, atrial. They also differ in heart rate. The main types of arrhythmia:

Tachycardia. A condition where the pulse rate exceeds 80 beats. Seizures occur during heavy physical exertion, which is considered normal. But if the body is calm and the heart rate is high, this may indicate pathology.

Bradycardia. A type of arrhythmia in which the heart beats less than 60 times per minute. It can appear when the patient feels well, but if the patient regularly feels bad, this indicates the development of pathological processes.

Paroxysmal disorders. This is a condition in which the pulse of a completely healthy person increases dramatically, the heart begins to beat so hard that it is impossible to count the beats. As a rule, their frequency reaches 200 beats per minute. This is a type of tachycardia that causes severe weakness,

general disorder and even loss of consciousness. In this case, immediate medical attention is required, this is a very dangerous situation that can cause irreversible processes.

Extrasystole. It appears for no reason. Premature contractions are associated with a normal heart rhythm. This attack is caused by vegetative-vascular dystonia, a high level of stress.

Atrial fibrillation of the heart. The most common type. An important phase of the heart rhythm - due to the loss of atrial contraction, the muscle fibers stop working in sync. That's why they flicker or "blink". The ventricles also begin to work in sync. It is one of the most common heart diseases and occurs in men and women of almost any age.

If symptoms indicating the disease appear, you should immediately contact specialists for help and start a course of recovery. Treatment of cardiac arrhythmia is simple if it is started on time and all the requirements of specialists are followed. Otherwise, if the disease is not taken into account, serious pathologies will develop, which will even lead to death.

Consequences of lack of treatment of a dangerous disease

With cardiac arrhythmia, the state of health deteriorates significantly. Shortness of breath, headache and other symptoms of arrhythmia appear. But they can pass quickly enough, and the patient immediately forgets about the deterioration of his health. However, this syndrome indicates the presence of a malfunction in the body, if you do not respond in time, the cardiovascular system can suffer great damage; Let's look at the consequences of frequent attacks:

anxiety and stress develop;

the disease contributes to the formation of unconsciousness, there is a risk of falling;

the body suffers from blood starvation, all organs suffer from heart disease;

dangerous heart diseases develop, for example, coronary heart disease, etc.;

there is a risk of stroke;

sudden cardiac arrest and death are possible.

Regular pain and discomfort in the heart area may indicate the presence of the disease. Arrhythmia symptoms are very obvious, but people rarely worry about their health after it passes. You should not treat yourself like this, if you suspect problems, you should contact a specialist and undergo an examination. With the help of diagnostics, you can easily identify heart diseases and prescribe effective treatment. Take care of the main mechanism, if you provide help in time, the disease will be cured quickly.

Symptoms of arrhythmia

The regular occurrence of arrhythmia affects the heart. Timely detection of heart pathology; There are a large number of treatment methods, which are selected depending on the type of heart arrhythmia. But first the diagnosis is made. If you feel that your health is deteriorating and your heart needs help, contact a specialist. Due to the obvious symptoms of arrhythmia, you can notice the pathology yourself:

sudden weakness appears;

the heart begins to beat much faster;

chest pain, feeling that there is pressure in this area;

attack of suffocation;

sudden onset of dizziness;

may regularly lose consciousness;

headache occurs.

Often, patients do not suspect the development of the disease. Arrhythmia symptoms are similar to other pathologies or simply factors that provoke such conditions. For example, headaches are often associated with stress. Chest pain syndrome is associated with physical activity. And the state of sudden loss of consciousness may be associated with feelings of hunger or mental fatigue. However, if there are signs of any of the attacks described above, you should immediately contact a specialist. In case of arrhythmia, we will tell you which doctor you should contact below.

First signs of heart problems

Cardiac arrhythmia can be an independent pathology or a manifestation of another disease. Regardless, an attack of arrhythmia allows you to understand in time that there are problems with the heart. There are early signs of arrhythmia, and by paying attention to them, you can protect your body's heart:

headaches began to bother me more often;

the presence of hand shaking syndrome (sometimes tremors of the limbs);

insomnia occurs;

You wake up in the middle of the night with a sudden shortness of breath;

the patient stops getting enough sleep and regularly feels panic and anxiety attacks;

Regular complaints about general health began.

All these signs indicate the presence of problems with the heart system. Cardiac arrhythmias have symptoms that are difficult to miss. Patients who immediately consult a doctor when they feel unwell significantly reduce the risk of developing cardiovascular diseases. Our clinic offers to go through the diagnostic stage, in which the pathology is identified. A specialist diagnoses and helps with an arrhythmia attack. Here you can treat heart arrhythmia.

Causes of arrhythmia

Many people wonder what causes arrhythmia. A person leads a healthy lifestyle, he can have healthy habits and do active sports; But still he suffers from palpitations. The fact is that the reason may be other factors that he does not even know about. Let's find out what caused the disease:

vegetative-vascular dystonia can cause arrhythmia;

the presence of pathologies of the sinus node;

anomalies in the activity of the thyroid gland;

overweight;

genetic factor;

causes are hormonal changes in the body;

great physical activity;

alcohol abuse;

smoking;

damage and pathology of the heart system;

deviations in the activity of the nervous system;

birth defects;

eating fatty foods;

lack of sleep;

heart failure;

uncontrolled use of certain drugs;
the presence of diabetes.

This list can go on for a long time, there are many factors that cause rapid heart rate; It cannot be ignored, the heart muscle requires treatment. Experienced specialists will help with this, stop attacks and help get rid of heart arrhythmia forever.

How to detect an attack

Cardiac arrhythmia is characterized by symptoms that are very easy to notice. But it is not always possible to determine the beginning of an attack. What to do during attacks and how to identify them? Let's figure it out.

The initial stages are not very clear. There is a slight sense of anxiety and excitement. It seems that there is not enough air. Then mild panic and dizziness begin to appear. The patient often unconsciously puts his hand on his heart, as if he feels the heartbeat and tries to calm it down. All this indicates the beginning of an attack, do not worry, it often worsens the situation. The main task is to call an ambulance. You need to go to the hospital. Then the work of doctors begins, they know what to do during attacks and how to restore the heart rhythm;

Diagnosis of arrhythmia

Arrhythmia diagnosis allows for a detailed study of the patient's condition, to determine the type of arrhythmia and to determine the most effective treatment methods. In order to understand how to treat heart arrhythmia, the doctor must thoroughly examine the patient. The following diagnostic methods are used for this:

First, they conduct a general examination of the patient, he talks about attacks and symptoms;
electrocardiography of the heart is performed;

ECG during physical activity;

ECG monitoring during the day;

An ultrasound examination of the heart is prescribed;

biochemical analysis of blood, urine;

Hormonal tests are sometimes prescribed for cardiac arrhythmias.

After that, the doctor sees the general picture and can start treatment for arrhythmia. The first task is to eliminate discomfort, then strengthen the vascular system.

Additional diagnostics

Sometimes the causes of arrhythmia lie in something completely different. An EKG may show good results, but there are still problems. In this case, if there are no contraindications to their use, additional methods of diagnosing arrhythmia are prescribed for diagnosis. These include:

Ultrasound examination of kidneys;

radiography;

brain MRI;

echocardiography.

In this way, the specialist will be able to understand why the ECG is good, but there are still problems in the heart system.

How to treat heart arrhythmia

If you start this process on time and do not stop it, the treatment of this disease is very simple. It is important to undergo a timely examination so that the specialist can determine what type of arrhythmia you have and prescribe the right complex to eliminate the pathology.

Can arrhythmia be treated?

It is quite possible to eliminate arrhythmia, but if it is not treated, it is a pathology that causes side effects. Therefore, the earlier the procedures are started, the more effective they are. Treatment is carried out by cardiologists, who prescribe a number of measures, including:

Use of sedative drugs. They are usually plant based. Motherwort, Corvalol, valerian capsules, novopassit help well.

Medicines that lower blood pressure.

Beta-blockers, membrane stabilizers, potassium channel blockers.

Useful vitamin complexes ("Riboxin", "Panangin", "Magne B6").

Physiological treatments are determined depending on the patient's condition. This is a swimming pool, physical therapy, certain activities.

A special diet is observed during treatment. The doctor describes in detail which foods should be excluded and, conversely, what should be added to the diet. For example, fatty foods, pork and lard are excluded. You should be careful with tea, coffee and smoking. Foods rich in potassium are included in the diet. These are dried fruits, honey, bananas, black currants. It is also recommended to use parsley, raisins, apricots, and cabbage in your diet. Components rich in calcium and magnesium are also included in the diet.

A set of measures to eliminate the disease includes establishing a water balance, giving up alcohol and other bad habits. All this allows to stabilize the patient's condition. Of course, in most cases, arrhythmia is eliminated with the help of pharmacological drugs. It is also important to find the main reason for its development.

Cardiac arrhythmia: alternative treatment

Many people are interested in why doctors do not recommend using alternative methods of exposure to the body. We are talking about folk recipes. In fact, many specialists prescribe such drugs to eliminate pathologies, but not the main one, but have an additional effect on the body.

Patients, in turn, try to overcome the disease on their own and decide for themselves what to take. As a rule, this leads to deterioration of health. Therefore, doctors are skeptical of herbal medicine and traditional treatment methods.

Nevertheless, herbal medicines can significantly improve the patient's condition when used correctly. Some herbs are used to create pharmacological preparations. For example, valerian root, motherwort, etc. They exhibit sedative properties and can relieve stress, nervous tension, and relieve pain. But the use of herbal medicines is allowed only under the supervision of an experienced specialist. This is because there are many contraindications for such plants. Valerian root is not always useful;

We invite you to familiarize yourself with the list of herbal products that can improve the condition of patients with this disease. But their use is allowed only under the supervision of a doctor:

tincture of hawthorn, valerian, motherwort;
tincture of indifference;
Kirkazon Manchuria;
fugitive peony;
tincture of calendula;
Sesame oil;
Infusion of leuzea sapora;
endive

The list of components that help to stop this pathology is huge. But it should be remembered that only a doctor can help in such a situation. Our clinic helps with arrhythmia, contact us and get rid of the disease. We sincerely wish you good health, but only wishes are not enough. Take solid steps toward greater health.

How to quickly eliminate pain syndrome

If negative symptoms appear, you should immediately call an ambulance. We recommend calling our center and ordering emergency services. The car will go to your destination immediately, you will not have to wait long, the team is always ready to answer the call instantly. But before the arrival of emergency specialists, you should take care of your health yourself. These actions will help to significantly alleviate the situation and, possibly, save lives:

First, medical help is called. If you can't do it, ask your relatives, neighbors, passers-by.

If you gently press your fingers on the eyeballs, the heartbeat will return to normal. This should be done with moderate strength, hold for a few seconds and then suddenly release your fingers. Repeat the steps several times.

Later they induce vomiting. This is done artificially, under no circumstances should you use drugs. It is necessary to drink plenty of purified water and touch the base of the tongue with your fingers to induce vomiting. This action often saves lives.

The patient should take a deep breath and exhale as much as possible. After that, the nose is compressed, the mouth is closed and the breath is held for a few seconds. It is not worth staying in this state for a long time. Sometimes dizziness occurs, so this exercise should be done in bed or in a sitting position.

Provide air flow, open the window, loosen the collar if the throat is tight with a tie or other clothing. Calm down, unnecessary panic often aggravates the situation. Drink cool water in small sips.

The use of anti-stress remedies is very helpful. It can be any object that is easy to squeeze, bend, but not hurt yourself. It distracts from the current situation, eliminates the feeling of panic and fear.

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