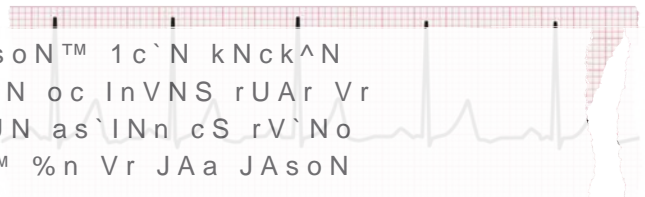


# What is an Arrhythmia?

An arrhythmia is an abnormal heart rhythm. It may

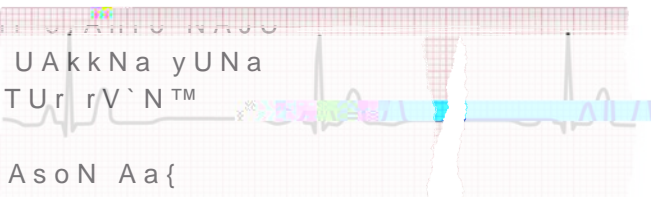
the heart rate to be too slow or too fast.



A normal heartbeat

Bradycardia is when the heart rate is too slow —

Tachycardia is when the heart rate is too fast —



bradycardia



tachycardia

- Bradycardia is when the heart rate is too slow —
- Tachycardia is when the heart rate is too fast —

## How are arrhythmias diagnosed?

- When it's very brief, an arrhythmia can have almost no symptoms. It can feel like a skipped heartbeat that you barely notice.
- When abnormal heart rhythms are severe or last for a long time, you may experience symptoms such as dizziness, lightheadedness, or fainting. In extreme cases, it can cause cardiac arrest.
- Tachycardia can reduce the heart's ability to pump blood, which can lead to heart attack or death.

Before treatment, it's important for your health care team to know what type of arrhythmia you have. There are several ways to diagnose an arrhythmia:

- **ECG (Electrocardiogram):** A test that measures and records your heart's electrical activity. It can be done in a doctor's office or at home with a portable device.
- **Event Monitor:** A small device that you wear for a few days or weeks. It records your heart's rhythm whenever you feel symptoms.
- **Implantable Loop Recorder:** A small device that is implanted under your skin. It can record your heart's rhythm for months or years.
- **Tilt Table Test:** A test where you lie on a table that can be tilted up or down. This helps to see if your heart rate changes when you stand up.

on your symptoms.



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