

Knowing the complications of bradycardia.

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Description

Bradycardia is a slower than normal coronary heart rate. The hearts of adults at rest usually beat between 60 and 100 times a minute. If we've got bradycardia, our coronary heart beats fewer than 60 times a minute. Bradycardia may be a severe problem if the heart rate is very slow and the heart cannot pump sufficient oxygen-rich blood to the body. If this happens, we can sense dizziness, be very tired or weak, and be short of breath. Sometimes bradycardia does not cause symptoms or complications. A slow heartbeat isn't always a concern. For example, a resting heart rate between forty and sixty beats a minute is quite common during sleep and in some people, especially healthy young adults and trained athletes. If bradycardia is severe, an implanted pacemaker may be needed to help the heart maintain an appropriate rate.

A slower than ordinary heartbeat (bradycardia) can prevent the brain and other organs from getting sufficient oxygen, can cause chest pain, confusion or memory issues, dizziness or lightheadedness, easily tiring during physical activity, fatigue, fainting (syncope) or near-fainting, shortness of breath. Many things can cause signs and symptoms of bradycardia. It's essential to get a prompt, accurate diagnosis and appropriate care. If we faint, have difficulty in breathing, or have chest pain lasting more than a few minutes, call emergency medical services. Seek emergency care for anyone with these signs and symptoms.

Bradycardia can be caused by coronary heart tissue damage related to aging, damage to heart tissues from a heart disorder or coronary heart attack, a coronary heart disease present at birth (congenital coronary heart defect), infection of coronary heart tissue, the complication of heart surgery, an underactive thyroid gland, imbalance of chemicals in the blood, including

potassium or calcium, repeated pauses in respiratory during sleep, inflammatory disease, including rheumatic fever or lupus, medications, which includes sedatives, opioids, and pills used to deal with coronary heart rhythm disorders, high blood pressure, and certain mental health disorders.

The typical heart has 4 chambers-upper chambers (atria) and lower chambers (ventricles). Within the top right chamber of the coronary heart (right atrium) is a collection of cells known as the sinus node. The sinus node is the coronary heart's natural pacemaker. In some people, sinus node issues cause alternating slow and rapid coronary heart rates. Bradycardia can also occur if the coronary heart's electrical signals do not circulate effectively from the upper chambers (atria) to the lower chambers (ventricles). If this occurs, the condition is known as coronary heart block or atrioventricular block.

Bradycardia is frequently associated with damage to heart tissue from some type of heart disease. Anything that increases the threat of coronary heart issues can increase the risk of bradycardia. Risk factors for coronary heart disease include older age, high blood pressure, smoking, heavy alcohol use, illegal drug use, stress, and anxiety. Healthy-life-style changes or medical treatment may help lower the risk of heart disease.

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