

Understanding Arrhythmia: When the Heart Skips a Beat



What Is An Arrhythmia?

An arrhythmia is a problem with the rate or rhythm of your heartbeat. Your heart may beat too fast (tachycardia), too slow (bradycardia), or irregularly.



Key Facts & Figures

- 1 in 4 adults** over age 40 will develop an irregular heartbeat (arrhythmia) in their lifetime.
– American Heart Association
- Atrial fibrillation (AFib)** is the most common arrhythmia, affecting more than **33 million people worldwide**.
– Centers for Disease Control and Prevention (CDC)
- AFib increases the risk of stroke by up to **5 times**.
– European Society of Cardiology
- Every 15 seconds**, someone suffers a stroke linked to untreated AFib.
- Many arrhythmias are **harmless**, but some can be **life-threatening** and lead to sudden cardiac arrest if untreated.
- 80–90% of sudden cardiac arrests** are caused by ventricular arrhythmias like ventricular fibrillation.
– Sudden Cardiac Arrest Foundation

Signs & Symptoms To Watch For

-  Fluttering in the chest
-  Skipped heartbeats
-  Dizziness or lightheadedness
-  Chest pain or discomfort
-  Shortness of breath
-  Fainting or near-fainting spells

If you experience these symptoms, **don't ignore them**. Speak to your doctor – early detection can be life-saving.

Did You Know?

-  Some arrhythmias are **triggered by stress, caffeine, or lack of sleep**.
-  **Wearable heart monitors and smartwatches** can now detect arrhythmias and alert users in real time.

Take Charge Of Your Heartbeat

-  **Maintain a heart-healthy lifestyle: eat well, stay active, avoid tobacco, and manage stress.**
-  **Monitor your heart rate and rhythm**, especially if you have high blood pressure, diabetes, or a family history of heart disease.

