

# “Take Your Meds, Listen to Your Heart”: Puan Hasni’s Journey with Arrhythmia



Hasni Yakob,  
IJN Patient

When Puan Hasni Yakob first felt her heart racing uncontrollably, it wasn’t during a workout or a stressful moment—it came suddenly, without warning. She was doing nothing out of the ordinary when she was hit with her first arrhythmia attack.

“I couldn’t even speak,” she recalls. “My heart was beating so fast, I just froze. I knew something was very wrong.”

Alarmed, she immediately went to a nearby clinic. The doctor who saw her recognised the seriousness of the symptoms and promptly referred her to a specialist. That early decision would become a crucial turning point in her health journey.

At the hospital, tests confirmed she had arrhythmia, a condition where the heart beats irregularly—too fast, too slow, or unpredictably. In Puan Hasni’s case, it was tachycardia, a rapid heartbeat caused by electrical disturbances in the heart.

She was prescribed medication to help control the rhythm, but her journey was far from over.

## The Second Attack

Some time later, while resting at night, Puan Hasni experienced a second arrhythmia episode.

“It was frightening because it came out of nowhere—again. The same fast heartbeat, the same fear.”

Her specialist then recommended a more permanent solution: Radiofrequency Ablation (RFA), a procedure that targets and disables the small areas in the heart that trigger abnormal rhythms.

“I did the ablation once, and it helped. But the symptoms came back,” she shares. “The second time around, the ablation worked better—Alhamdulillah, I’m much more stable now.”

## Adapting to a New Lifestyle

Since her treatment, Puan Hasni has made deliberate changes to her lifestyle to protect her heart and overall well-being.

Since her diagnosis and treatment, Puan Hasni has made several important lifestyle adjustments to support her recovery.

She has reduced her caffeine intake to avoid triggering heart palpitations, committed to light exercise such as brisk walking at least three times a month, and most importantly, remains consistent with her medication, never missing a dose. These small but steady changes have helped her regain control of her health and overall well-being. “Caffeine used to be a daily thing, but now I limit it. And the brisk walks—they really help with my energy and mood.”

## Holistic Recovery: Treating the Body and Mind

In addition to managing her heart condition, Puan Hasni also deals with back pain, which she treats through regular physiotherapy.

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“The physio eases my back pain, and that relaxes my whole body—including my heart. When I feel better physically, I worry less too.”

Once a hardworking entrepreneur who ran her own business, she’s now slowed down significantly to prioritise her health. These days, she cherishes the time spent with her son, especially on short holidays that help her unwind and reconnect with herself.

## Her Message: Don’t Delay, Don’t Ignore

Puan Hasni wants others to know how important it is to listen to your body and seek help early.

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Puan Hasni’s advice to others is clear and heartfelt: never ignore the signs your body is giving you. Symptoms like a racing heartbeat, sudden dizziness, or shortness of breath should not be brushed off as mere stress or fatigue. Early detection can be life-saving, and she strongly urges everyone to take their medications exactly as prescribed—no skipping, no delays—unless a doctor advises otherwise.

She also encourages people to embrace small but meaningful lifestyle changes. Cutting down on stimulants like caffeine, incorporating light physical activity such as brisk walks, and prioritising rest have all played a role in her recovery. Just as importantly, she believes in the power of emotional balance—whether it’s through physiotherapy, reconnecting with nature,

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spending quiet time in prayer, or simply being with loved ones. “Find what calms your heart, inside and out,” she says.”

## What is Radiofrequency Ablation (RFA)?

RFA is a minimally invasive procedure used to treat certain types of arrhythmia. It involves inserting a catheter into the heart to deliver radiofrequency energy that destroys small areas of tissue causing the irregular heartbeat.

Puan Hasni’s story is one of strength, self-awareness, and commitment to healing. She reminds us all that heart health isn’t just about treatment—it’s about everyday choices, from medication to mindset.

“I’ve learned to take care of myself—not just for me, but for the people I love.”

