

WHEN SHOULD YOU BE

Worried About

Heart Palpitations?

Heart palpitations are a common condition characterized by the feeling of a rapid, irregular or pounding heartbeat.

Common Causes



Stress and anxiety



Sleep deprivation



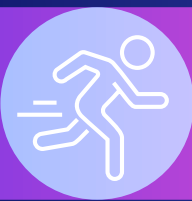
Stimulants like caffeine and nicotine



Alcohol consumption



Certain medications (consult with your doctor)



Intense exercise



Pregnancy



Thyroid conditions

Symptoms

A racing heartbeat

A pounding heartbeat

The feeling your heart has skipped a beat

A fluttering sensation

You may feel these symptoms in your chest, neck or throat.

Heart Palpitations Are Common and Most Go Away on Their Own

While heart palpitations can be a symptom of a serious condition like arrhythmia or atrial fibrillation, they are usually not cause for concern and do not always require treatment. Many times, heart palpitations will go away on their own.

Signs of a More Severe Issue

In rare cases, palpitations can be a sign of a more serious heart condition. Talk with your doctor if you have any of these symptoms with your heart palpitations:



Chest pain



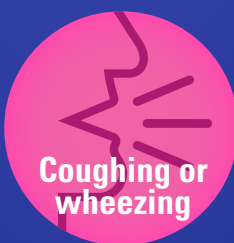
Shortness of breath



Excessive fatigue



Dizziness



Coughing or wheezing



Fainting

Diagnosing Heart Palpitations

When diagnosing heart palpitations, your doctor will listen to your heart and lungs. They will ask you about lifestyle issues that might be causing this condition, such as sleep deprivation and stress.

If your doctor suspects a more significant heart condition like arrhythmia is behind your palpitations, they may conduct more intensive examinations, such as electrocardiogram or echocardiogram.

Treatment

Heart palpitations do not always require treatment, and simple lifestyle adjustments such as getting more exercise or sleep can help to improve this condition.



Managing your stress levels can go a long way.



Quitting cigarettes and other tobacco products can help too!