

10/85

1) BRADYCARDIA

:60 PSA

BRADYCARDIA (brad-i-card-ia) - OR SLOW HEARTBEAT -
MAY BE NORMAL IN SOME PEOPLE. IN OTHERS, IT MAY
BE A WARNING SIGN OF HEART DISEASE. DR. JOSEPH
KAUFMAN OF THE UNIVERSITY OF NEVADA SCHOOL
OF MEDICINE EXPLAINS:

23.4 Any heart rate that is less than 60 per
minute is defined as bradycardia. But
that doesn't necessarily mean that it's
abnormal. A bradycardia can be a perfectly
normal finding in many individuals. For
example, a well-trained athlete can have a
heart rate of less than 60 per minute and be
absolutely normal.

FOR THOSE WHO ARE NOT ATHLETES, WARNING SIGNS
INCLUDE A SLOWING OF HEART RATE, AND AT THE SAME
TIME GETTING EASILY TIRED OUT.

21.07 Other more common findings when heart rate
is very slow and abnormally so are periods
of lightheadedness, particularly associated
with exertion and actual periods of fainting
and loss of consciousness. Those certainly
can be the consequences of a slow heartbeat.

IF YOU HAVE THESE SYMPTOMS, SEE YOUR PHYSICIAN.

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SCHOOL OF MEDICINE