

Palpitations are fast, forceful heartbeats in an irregular rhythm.

## Signs and Symptoms

You may feel like your heart races, jumps, throbs, or flutters. You may feel extra beats, no beats for a short time, or skipped beats. Palpitations may be frightening, but are usually not a serious problem. Everyone has skipped heartbeats from time to time.

## Causes

- Strong emotions such as anxiety, fear, or stress; palpitations often occur during panic attacks.
- Vigorous physical activity.
- Caffeine, nicotine, alcohol, or drugs such as cocaine.
- Medical conditions, including thyroid disease, a low blood sugar level, anemia, low blood pressure, fever, and dehydration.
- Hormonal changes during menstruation, pregnancy, or the premenopausal period.
- Medications, including diet pills, decongestants, asthma inhalers.
- Certain herbal and nutritional supplements.
- Abnormal electrolyte levels.
- After eating heavy meals that are rich in carbohydrates, sugar, or fat.

## Palpitations can also be related to underlying heart disease

- Prior heart attack.
- Coronary artery disease.
- Other heart problems such as congestive heart failure, heart valve problems, or heart muscle problems.
- Arrhythmia.

## Prevention of Heart Palpitations

### Strategies may include:

- Reducing anxiety and stress.
- Practice yoga, meditation, or tai chi.
- Avoiding medications that act as stimulants. These include cough and cold medicines, and certain herbal and nutritional supplements.
- Lower your intake of caffeine and nicotine.
- Try deep relaxation or breathing exercises.
- Get regular exercise.

## When to call your physician

### Call your physician if you have any of the following signs and symptoms:

- pressure, or pain in your chest.
- pain in your back, neck, jaw, stomach, or arm.
- Difficulty in Breathing.
- Nausea or vomiting.
- Lightheadedness or a sudden cold sweat.



## Palpitation

For any questions or clarification please call your Doctor  
or Emergency Room at 01/372888 extension: 1900

Contact info:  
+961 1 364283  
ext: 1900

What you need to know