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Immunological Disorders and Immunotherapy

Short Communication

Clinical Characteristics of Arrhythmia

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INTRODUCTION

Cardiac arrhythmia is a condition that causes the heart to beat irregular, too slowly, or too quickly.

It is usually caused due to changes in heart tissue and activity or in the electrical signals that control your heartbeat. These changes could be due to damage from injury, disease, or genetics. Usually there are no symptoms, but some may experience an irregular heartbeat and may feel faint or dizzy or have difficulty breathing.

Arrhythmias occur when the electrical signals that coordinate heartbeats are not working correctly.

A lot of cardiac arrhythmias are harmless. But, on the other hand, can cause serious and potentially fatal symptoms and problems if they are excessively irregular or come from a weak or injured heart.

Types

Arrhythmias differ from normal heartbeats in speed or rhythm.

- • Tachycardia is a fast heart. The resting heart rate is greater than 100 beats a minute.
- • Bradycardia is a slow heartbeat. The resting heart rate is lower than 60 beat a minute.

Symptoms

One may not notice any signs if you have an arrhythmia. During a physical examination, your doctor may notice an irregular heartbeat.

If you're experiencing symptoms, they could include:

- Palpitations
- Your heart is pounding in your chest.
- Light-headedness or dizziness
- Fainting, Anxiety
- Breathing problems, sweating
- Pain or tightness in the chest
- Weakness or exhaustion (feeling very tired); Vision is blurry.

Causes

Arrhythmia is caused by changes to heart tissue. It can also occur suddenly as a consequence of exertion or stress, imbalances in the blood, medicines, or problems with electrical signals in the heart. An arrhythmia is set off by triggered, and if there is a problem with the heart, the uneven pulse can remain. The cause of an arrhythmia is sometimes unknown.

Basic mechanisms of cardiac arrhythmia: Significant progress has been made in our understanding of the electro-physiologic mechanisms underlying the development of a variety of cardiac arrhythmias in recent years. The mechanisms that cause cardiac arrhythmias can be classified into two categories: (1) aberrant or increased impulse generation (i.e. Focused activity) and (2) conduction disruptions (i.e., re-entry)

What are some risk factors for arrhythmia?

The following factors may increase your risk of developing an arrhythmia:

Age: As you become older, your chances increase.

Genes: If a family member has experienced an arrhythmia, your chances are likely to be higher. Heart disease can run in families in some cases.

Lifestyle: Tobacco, alcohol, and recreational substances can all increase your risk.

As a result of some medical issues.

Heart rhythm abnormalities can be caused by a variety of illnesses, including high blood pressure, diabetes, low blood sugar, obesity, sleep apnea, and autoimmune disorders.

Environment: Things in your environment, such as air pollution, can increase your chances of developing an arrhythmia.

Complications

The type of arrhythmia determines the complications. Stroke, abrupt death, and heart failure are all possible complications of heart arrhythmias.

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Received: 18-Feb-2022, Manuscript No. IDIT-22-14391; **Editor assigned:** 21-Feb-2022, Pre QC No. IDIT-22-14391 (PQ); **Reviewed:** 7-Mar-2022, QC No. IDIT-22-14391; **Revised:** 11-Mar-2022, Manuscript No. IDIT-22-14391 (R); **Published:** 18-Mar-2022, DOI:10.35248/2593-8509.22.7.127

Citation: Dutta N (2022) Clinical Characteristics of Arrhythmia. Immunol Disord Immunother. 07:127.

Arrhythmias are usually linked to an increased risk of blood clots. A clot can travel from the heart to the brain and cause a stroke if it breaks free. Blood thinners can help people with atrial fibrillation and other arrhythmias to avoid strokes. Your doctor will determine whether a blood thinner is appropriate for you or not.

Methods to control the heart rate may improve heart function if an arrhythmia is causing heart failure symptoms.

Prevention

Heart arrhythmias can be prevented by making lifestyle modifications that minimise the risk of heart disease. The following are examples of a heart-healthy lifestyle:

- A heart-healthy diet is one of the most important things you can do for your health.
- Keeping you-self physically active
- Keeping a healthy weight is important.
- Smoking cessation
- Caffeine and alcohol should be consumed in moderation or not at all.
- Reducing stress, as high levels of stress and anger can disrupt heart rhythm.

Taking medications exactly as prescribed and notifying your doctor about all of your prescriptions, even any purchased without a prescription.