

Causes of Arrhythmia. Types of Myocardial Infarction. Diagnostic and Treatment Methods

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Abstract:

An arrhythmia, or irregular heartbeat, is a problem with the rate or rhythm of your heartbeat. Your heart may beat too quickly, too slowly, or with an irregular rhythm. It is normal for your heart rate to speed up during physical activity and to slow down while resting or sleeping.

Keywords: arrhythmia, heart disease, heart attack

Introduction

Talking about arrhythmias is very complicated. After all, this problem is one of the urgent problems in medicine, especially in cardiology, the field that studies heart diseases. We are talking about arrhythmias, which are heart rhythm disorders.

Let's clarify, what is arrhythmia?

The word arrhythmia is derived from the Greek word arithmos ("a" - no, "ritmos" - rhythm) and is a general term for all heart rhythm disorders. Arrhythmia is widely dealt with by the field of cardiology. In general, cardiac arrhythmia is a change in the daily "physical" work of the heart, in which there is a violation of the heart rhythm in terms of quantity and quality.

Cardiac arrhythmias can be chronic or acute, sometimes as a symptom of some disease or disorder in the body. For example, alcohol consumption, smoking, taking strong drugs can cause arrhythmia. An EKG (electrocardiography) test is available to diagnose arrhythmia. This test is common and helps to not only diagnose arrhythmias, but also to identify their types.

Everyone experiences heart failure at least once in their life. Especially before the exam, in responsible situations, in strong nervousness, the heart expresses its "presence". The heart beats more than 100,000 times in 24 hours.

Types of arrhythmia

There are several types of cardiac arrhythmias.

Sinus node arrhythmias are usually benign and do not require special treatment or intervention. These arrhythmias include sinus tachycardia, sinus bradycardia, sinus arrhythmia.

Sinus tachycardia is an increase in heart rate by 90 times. This type of arrhythmia also occurs in a healthy person, for example, when running, climbing stairs, the heart begins to beat faster in order to meet the needs of the body. When the physical load is stopped, the number of heartbeats returns to normal. However, sinus tachycardia can be a sign of anemia and disorders of the thyroid gland.

Sinus bradycardia is a heart rate of less than 60 beats per minute. This arrhythmia also occurs in a healthy person, especially during sleep, when the needs of the body are low, the number of heartbeats decreases.

Ectopic arrhythmias are a more complex type of arrhythmia and require a specialist approach. To diagnose such arrhythmias, it is necessary to consult a cardiologist. Ectopic arrhythmias include flutter arrhythmias, ventricular and supraventricular extrasystoles.

An extrasystole is an abnormal contraction of the heart, and when an extrasystole occurs, a person feels as if the heart is moving out of place, as if it is frozen. Extrasystoles also occur in a healthy person. However, their number is much less compared to a sick person and does not require special treatment.

How are arrhythmias diagnosed?

In order to diagnose arrhythmias, it is necessary to conduct an ECG examination of the patient during an attack. This can be done in medical facilities. For complex arrhythmias, a more thorough examination is required. Such tests can include an ECG on a Holter, which records the heart's activity for 24 hours. This test is done using a tiny piece of equipment. This equipment is placed on the human body. Most complex arrhythmias can be diagnosed with the test. This inspection has been available in Uzbekistan for many years and has been used successfully.

What is the danger of arrhythmia?

It is inappropriate to call any arrhythmia dangerous. The risk depends on the complexity of the arrhythmia and how much it can harm the body.

Also, when determining the degree of risk of arrhythmia, the patient's previous or current illness is also taken into account. For example, the presence of arrhythmia in patients with myocardial infarction always indicates a high risk of death.

Treatment of arrhythmia

Modern medicine has come a long way in the treatment of arrhythmias. Nevertheless, medicine remains powerless in front of some types of arrhythmia. Today, arrhythmias can be treated both with and without drugs. Any arrhythmia requires a special approach, and each patient is unique in this respect.

A person with arrhythmia should not self-medicate, and in particular, should not self-medicate with anti-arrhythmic drugs, because arrhythmia can be accompanied by other diseases. Not all arrhythmias require treatment. The doctor decides whether to treat the arrhythmia.

How is stroke diagnosed?

Everyone should know how to determine the number of pulses. You don't need to be a doctor for this. There are two arterial veins on both ends of the part of the human wrist close to the fingers, and if these veins are pressed slowly together with the index and middle fingers, it is possible to determine the pulse. But the stroke does not hit everyone with the same force. For example, people with high blood pressure have significantly stronger pulses.

In people with low blood pressure, it is a bit difficult to monitor the pulse. Therefore, it is necessary to focus on one place when determining a stroke. To determine the number of pulses, first the vein is carefully located, and then the stopwatch is turned on. Focusing on the vein, the number of beats per minute is mentally counted. While counting, you should look less at the stopwatch, otherwise a person will involuntarily count according to the rhythm of the stopwatch and make mistakes. A healthy person's heart beats 60 to 90 beats at rest. In addition to the number of pulses, it is also necessary to determine whether it beats in a rhythm or not.

First aid in an attack

The windows are opened, the collar of the shirt is removed, the belt is loosened a little.

Fits comfortably on a sofa or chair.

The eyes are closed and for 10 seconds, the eyeballs are pressed firmly, but not painfully, with both index fingers. This action is performed 3 times in 1 minute.

A deep breath is taken and held; the action is repeated 5 times and you wait 2-3 minutes, then you can do it again.

The leg is bent at the knee joint and taken while sitting, the stomach touches the thigh; in this situation, after taking a deep breath, it is done vigorously.

Measures to prevent arrhythmia

No smoking.

Stop drinking alcohol.

Don't drink too much coffee or caffeine-containing products.

It is necessary to consume more fish products.

It is necessary to eat more of any vegetable or vegetable of green color.

Do not forget to take vitamin E prophylactically.

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