

## Fast Facts

### SVT

- When your heart beats abnormally fast or erratically
- Whenever your heart beats abnormally, it's called an arrhythmia
- Your heart has four chambers — two upper chambers (atria) and two lower chambers (ventricles). The sinus node (heart's natural pacemaker) is situated in the right upper chamber and sends out electrical signals that start each heartbeat. The signal moves across the atria, causing them to contract and pump blood into the ventricles. The signal arrives at the AV node, which slows it down enough to allow the ventricles to finish filling before telling them to contract and pump blood to the lungs or the rest of the body
- SVT occurs when defective electrical connections in the heart set off a series of early beats in the atria causing the heart rate to become so fast so quickly that the heart doesn't have enough time to fill with blood before the chambers contract
- Average resting heart rate of 60 - 100 beats a minute (bpm)
- During an SVT episode, heart rate is between 150 – 220 bpm
- 3 main types: atrioventricular nodal reentrant tachycardia (AVNRT), atrioventricular reciprocating tachycardia (AVRT), and atrial tachycardia
- Other types: sinus tachycardia, sinus nodal reentrant tachycardia (SNRT), inappropriate sinus tachycardia (IST), multifocal atrial tachycardia (MAT), junctional ectopic tachycardia (JET), and nonparoxysmal junctional tachycardia (NPJT)
- Some people have things that trigger episodes of SVT, while others don't
- Some people don't have any symptoms, but others do
- Symptoms may come and go and can last a few minutes to a few days

<b>Symptoms</b>	<b>Treatment</b>	<b>Prevention</b>
<ul style="list-style-type: none"> <li>-Very fast (rapid) heartbeat</li> <li>-Palpitations (fluttering or pounding in your chest)</li> <li>-Pounding sensation in the neck</li> <li>-Weakness or feeling very tired (fatigue)</li> <li>-Chest pain</li> <li>-Shortness of breath</li> <li>-Lightheadedness</li> <li>-Dizziness</li> <li>-Sweating</li> <li>-Fainting</li> </ul>	<p><i>At Home:</i></p> <ul style="list-style-type: none"> <li>-Vagal maneuver</li> </ul> <p><i>By Doctor:</i></p> <ul style="list-style-type: none"> <li>-Carotid sinus massage</li> <li>-Cardioversion</li> </ul> <p><i>If you have frequent episodes:</i></p> <ul style="list-style-type: none"> <li>-Medication to control heart rate or restore a normal heart rhythm.</li> </ul> <p><i>If the medicines aren't effective:</i></p> <ul style="list-style-type: none"> <li>-Catheter ablation.</li> </ul> <p><i>Rare cases:</i></p> <ul style="list-style-type: none"> <li>-Pacemaker</li> </ul>	<ul style="list-style-type: none"> <li>-Know what triggers the episodes and avoiding them (keep a diary to help identify heart rate, symptoms, and activity during an episode)</li> </ul> <p><i>Healthy Lifestyle Changes:</i></p> <ul style="list-style-type: none"> <li>-Eat a heart-healthy diet</li> <li>-Increase physical activity</li> <li>-Avoid smoking</li> <li>-Maintain a healthy weight</li> <li>-Limit/avoid alcohol</li> <li>-Reduce stress</li> <li>-Get plenty of rest</li> <li>-Avoid illegal drug use</li> <li>-Don't consume large amounts of caffeine</li> <li>-Be careful with over-the-counter medications for cold and cough</li> </ul>

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