

WHY YOUR HEART SKIPS A BEAT

Have you ever noticed your heart missing a beat or flutter? It is a terrifying feeling when you notice that your heart skips a beat.

So, what does it mean when your heart skips a beat? Let's see.



1 PRE-MATURE CONTRACTIONS

When the upper chambers of your heart called 'atria' contracts faster than usual, it causes premature contractions.

2 ATRIAL FIBRILLATION

Atrial Fibrillation may be the answer. It is an irregular and speedy contraction of the upper chambers of the heart. It is a critical condition and should be treated urgently.

3 SUPRAVENTRICULAR TACHYCARDIA

This condition refers to the atria located above the ventricles. It causes fast heartbeat and needs medical attention.

4 PACEMAKER DEFECT

Sinus node of the heart works as a pacemaker. It ensures regular pulses. It may be possible that the sinus node may not work correctly, causing heart palpitations.

5 ALCOHOL ABUSE

Excess alcohol lowers your blood pressure, and so your heart has to strain more to facilitate adequate blood circulation.

6 CAFFEINE/ AERATED DRINKS

Caffeine and energy drinks are not good for your health. They contain the high level of stimulants, and so the over-consumption increases your heart rate.

7 STRESS

Stress can flutter your heart beats and can have adverse effects on your heart and overall health. You may also experience low or high blood pressure due to stress.

8 ACID REFLUX

Acid Reflux usually happens after your meal or while lying down. In such cases, your heart skips a beat or develops palpitations.



Reaburance When Your Heart Skips A Beat

M Woodhall



Reassurance When Your Heart Skips A Beat:

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