Symptoms of Arrhythmias (Heart Rhythm Disturbances)

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En Español (Spanish Version)

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Some arrhythmias may occur without any symptoms. Others may cause noticeable symptoms, such as:

- Fainting
- Dizziness, sensation of lightheadedness
- Weakness
- Fatigue
- Shortness of breath
- Chest pain
- Sensation of your heart fluttering (palpitations)
- Sensation of a missed or extra heart beat

Fainting, dizziness, lightheadedness, weakness, fatigue, and shortness of breath all mean that your brain or your muscles are not getting enough blood because your heart isn't pumping effectively.

Chest pain means that the heart itself is not getting enough blood. This is called **angina**.

Some people report an unusual feeling of their “heart beating,” especially if it is beating abnormally. With none of the other symptoms, this may be harmless or it may be a warning of a potential problem.

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