

# ARRHYTHMIAS

## (BRADYCARDIA, TACHYCARDIA, ATRIAL FIBRILLATION)

If you have not been diagnosed with any type of arrhythmia, but you present symptoms or suspect you may have an arrhythmia, consult with your doctor.

**During your visit, your doctor may ask the following questions.**

### Have you experienced any of the following symptoms?

- Fast heartbeat
- Slow heartbeat
- Irregular pulse
- Fainting
- Dizziness

### How long have you suffered from symptoms?

### How frequent are your symptoms?

- Several times a month
- Several times a week
- Several times a day

### How severe is your irregular heartbeat?

- Mild
- Moderate
- Severe
- Very severe

### Do any of these symptoms prevent you from doing your daily activities?

- Always
- Sometimes
- Never

### Have you ever been diagnosed with:

- A heart defect from birth
- A heart attack
- A diseased valve
- A big or weak heart (heart failure)

If you have already been diagnosed with some type of arrhythmia and want to know what the next steps are, here are some questions you can ask your doctor.

**Can arrhythmias affect my heart function?**

**Am I at risk of sudden cardiac arrest?**

**Do I have to take any medication to control my arrhythmias?**

**Which medications should I take and for how long?**

**What causes my arrhythmias?**

**Can my arrhythmias be treated?**

**What other specialist should I visit?**

If you have already been diagnosed with some type of arrhythmia and you feel your treatment plan may not be optimal, this guide may help you discuss with your doctor about other treatment options.

**Is there any other treatment option besides my current treatment plan?**

**My arrhythmias are very infrequent, would an implantable loop recorder help identify them?**

**Are there any implantable heart devices (i.e. pacemaker) that can improve my heart function?**

**Am I a good candidate for an implantable heart device?**

**How is a heart device implanted?**

**What are the risks of the implant procedure and having a device?**

**What would be the benefits of a heart device for my symptoms and my heart function?**

**What care will I get after the procedure?**

**Will my medication be discontinued after the implant?**

If you have already been diagnosed with some type of arrhythmia and you feel your treatment plan may not be optimal, this guide may help you discuss with your doctor about other treatment options.

**What is an atrial fibrillation ablation procedure?**

**What are the benefits of undergoing ablation?**

**Am I a candidate for ablation?**

**How can this procedure help improve atrial fibrillation?**

**What are the risks of the procedure?**

**Are all ablations the same or are there different ways to carry out the procedure?**

**What is radiofrequency ablation? And what is the difference with cryoablation?**

**Will my medication be discontinued after the procedure?**

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If you have not been diagnosed with any type of arrhythmia, but you present symptoms or suspect you may have an arrhythmia, consult with your doctor.

**During your visit, your doctor may ask you the following questions.**

### Have you suffered from any of the following symptoms:

- Shortness of breath when making any effort
- Shortness of breath at night when lying in bed
- Shortness of breath when tying shoelaces or other activities
- Swelling of the legs and abdomen
- Fatigue and lack of energy
- Difficulty carrying out daily activities
- Dry cough
- Abdominal pain and quick fullness
- Fainting and loss of consciousness

### How long have you suffered from symptoms?

### How frequent are your symptoms?

- Several times a month
- Several times a week
- Several times a day

### When do you experience shortness of breath?

- When I climb stairs
- When I walk more than 150 meters
- When I walk less than 150 meters
- When I walk inside the house
- When I rest and am not making any effort

### Do any of these symptoms prevent you from doing your daily activities?

- Always
- Sometimes
- Never

### Have you ever been diagnosed with:

- A heart defect from birth
- A heart attack
- A diseased valve
- A big or weak heart (heart failure)

If you have already been diagnosed with Heart Failure and want to know what the next steps may be, here are some questions you can ask your doctor.

**What is the cause of my heart's weak or poor function?**

**If the cause of heart failure is treated, is it possible to improve my heart function?**

**Do I need to take medication to control my condition?**

**What medication should I take and for how long?**

**How long should I wait to find out if medication works?**

**If the symptoms continue despite medication, what other options do I have?**

**Am I at risk of sudden cardiac arrest?**

**Which specialists should I visit?**

**Are there any specialists who treat patients with heart failure?**

If you have already been diagnosed with Heart Failure and your treatment plan doesn't seem optimal to you, the below questions may help you discuss with your doctor about other options to manage your condition.

**Is there any other treatment option?**

**Are there any heart devices (i.e pacemakers) that can improve my heart function?**

**What is cardiac resynchronization therapy?**

**Am I a candidate for resynchronization therapy?**

**What are its benefits on the symptoms of the disease and my heart function?**

**What are the risks of the procedure and having a device?**

**How is a cardiac resynchronization therapy device implanted?**

**What is an implantable defibrillator?**

**Am I a candidate for an implantable defibrillator?**

**What care will I get after the procedure?**

**Will my medication be discontinued after the implant?**