

# HEART RHYTHM CONDITIONS

**H**ear rhythm conditions are often a sign of an underlying issue, and may even pose problems in themselves. So what are some of the most common heart rhythm conditions?

## Atrial Fibrillation

Atrial fibrillation (AF) occurs when the atria, or upper chambers of the heart, begin to beat out of sync with the ventricles, or lower chambers of the heart. Characterized by a rapid rhythm, AF reduces the heart's effectiveness at pumping blood. As a result, blood clots can form in the heart chambers, potentially reaching the brain and causing a stroke or heart failure.

AF is typically due to an existing heart condition. Other causes include high blood pressure, heart attack and coronary artery disease. Dizziness, feeling out of breath, tiredness, a feeling that the heart is racing or fluttering, uneven heartbeat, and chest pain are all common symptoms.

Atrial fibrillation is common in older adults and may not present obvious symptoms. Seeing a doctor at the first onset of AF symptoms is important to avoid serious complications. The typical goals of treatment are restoring rhythm to as close to normal as possible and preventing the formation of blood clots.

## Arrhythmia

Arrhythmia is a problem with the rhythm of the heartbeat-beating too fast, too slow, or with an irregular rhythm. Many arrhythmias are harmless,

but some can be life-threatening, especially since a lack of blood flow to the body can damage the brain, heart and other organs.

Noticeable symptoms of arrhythmia include fainting, dizziness, heart palpitations, weakness, fatigue, shortness of breath and chest pain. Arrhythmia can be caused by heart disease, stress, smoking, heavy alcohol use and certain medications.

Treatment for arrhythmias depends on the type and severity of irregular heart rhythm. In most cases, people with arrhythmias can live normal, healthy lives, but never take the risk of a 'wait-and-see' approach.

Remember, anything other than your usual, steady heartbeat could be a sign of a dangerous heart condition. Always discuss irregular heartbeat symptoms with your cardiologist.

The expert team at Cardiac Care Group specializes in treating heart rhythm disorders, including managing complex conditions and high-risk patients. These dedicated physicians work with you to identify your specific condition and explain all potential treatment options.

If you have any questions or concerns about your heart health or would like to schedule your next cardiologist appointment, call our office today, (239) 574-8463

*This information is for educational purposes only and is not intended to replace the advice of your doctor or health care provider. We encourage you to discuss with your doctor any questions or concerns you may have.*

## Dr. Joseph Freedman MD, MBA



Dr. Freedman brings many years of experience as a cutting edge cardiologist specializing in the prevention, diagnosis, and treatment of all cardiac disease. He trained at the prestigious Cleveland Clinic, continually ranked #1 in Cardiovascular Care, where he focused on cardiac imaging. He achieved five board certifications in Internal Medicine, Cardiology, Comprehensive Adult ECHO, Nuclear Cardiology, and Cardiac CT. During his tenure as the lead noninvasive cardiologist at Florida Medical Center in Ft. Lauderdale, he helped lead the hospital to achieve Level 5 chest pain certification, the highest designation of cardiac excellence. This is still the only hospital in Broward County that has achieved this esteemed accolade.

He has spoken on national health care radio programs and has appeared on local news, highlighting the latest in cardiovascular care. Dr. Freedman prides himself on being an advocate for the patient. Every patient is unique, and he works carefully with leading local and national experts to make sure patients receive the best specialty procedural care possible for that specific case. Dr. Freedman has done research in cardiac MRI studies of the heart, in nuclear scanning, and has participated in the research trials of several leading cholesterol lowering drugs. Dr. Freedman also has extensive experience in pulmonary hypertension, and ran a large clinic in Broward County for these specific and often undiagnosed patients. Dr. Freedman speaks Spanish as well.

*"I specialize in combining old fashioned personalized medicine with the latest diagnostic technology and treatments. I look forward to helping you stay healthy and making sure that your heart is the last thing you need to worry about in your busy daily routine."*

Cardiac  
Care  
Group, LLC

(239) 574-8463  
www.flccg.com

