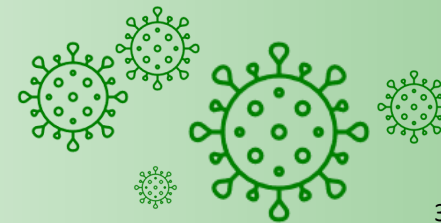




COVID CORNER

Exploring the ongoing impact of COVID-19 on our lives



3 June 2022

COVID & heart rhythm

6—12 JUNE IS WORLD HEART RHYTHM WEEK

Why is heart rhythm so important?

Heart rhythm is important because your heart's function is so important!

Heart rhythm is the rate that your heart contracts to send blood around your body. It is measured as the number of times your heart beats per minute (bpm).

Heart rate is an important indicator of health: when your heart is not working properly, just about everything is affected.

What is a normal heart rate?

A normal resting heart rate for adults over the age of 10 years is between 60 and 100 bpm (beats per minute).

Knowing whether or not your heart rate is within the normal range is important. If disease or injury weaken your heart, your organs will not receive enough blood to function normally.

How do I know if my heart rhythm is abnormal?

It is normal for your heart rate to vary throughout the day in response to exercise, anxiety, excitement and fear.

There are many different types of abnormal heart rhythm (called arrhythmia) where your heart rate is either too fast, too slow, or erratic.

Signs include a fluttering feeling in your chest, feeling lightheaded or dizzy, either a racing or slow heart beat, chest pain and/or shortness of breath.

How do I maintain a normal heart rate?

Regular exercise is important for promoting a healthy heart rate. Other factors that will improve your heart health include reducing stress, avoiding tobacco and staying a healthy weight.

COVID-19 and heart rhythm

COVID-19 can damage heart muscle and affect heart function.

Early studies suggest that coronavirus is associated with a high incidence of heart arrhythmias, even in people without pre-existing heart disease.

If you have had COVID-19 and start experiencing any signs of arrhythmia, you should consult a doctor immediately.



Fast Facts

- Heart rhythm is an important indicator of good health
- A normal resting heart rate for adults is between 60 and 100 beats per minute
- Abnormal heart rhythm (arrhythmia) should be investigated by your doctor
- COVID-19 can damage heart muscle and affect heart function
- Regular exercise is important for heart health, as is a healthy weight

Want to find out more?

Heart problems after COVID-19:

<https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/heart-problems-after-covid19>

What is arrhythmia?

<https://watchlearnlive.heart.org/index.php?moduleSelect=arrhyt>

Arrhythmia Alliance:

<https://heartrhythmalliance.org/aa/za>

Heart Rhythm Disorders:

<https://upbeat.org/heart-rhythm-disorders>

Ask Dr M

Do you still have questions?

Call us on

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or WhatsApp

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