CASE REPORT

TOPIC: DIFFERENTIAL DIAGNOSIS OF PALPITATIONS

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ABSTRACT

Palpitation is defined as an abnormality or irregularity in the heartbeat, where the heart rate is either too slow or fast, but more importantly it refers to the conscious experience of such an irregularity. Palpitations can be caused by various conditions or activities such as overexertion, the consumption of nicotine, alcohol, cocaine, caffeine, and various other drugs like amphetamines. Palpitations are also a normal sensation caused by the release of adrenaline, as would be the case when you are overcome by fear or any heightened state of emotion. The causes of palpitations may also be psychosomatic, as this is a common symptom of certain disorders like panic attacks. Palpitations may also be caused by conditions like hyperthyroidism. All of us experience a conscious sensation of our heart beating at some time, but when this becomes a regular occurrence, then it could be indicative of a problem. In more serious cases, it may be indicative of heart disorders.

 Palpitations during pregnancy, although worrying, may not be indicative of any serious problem. Providers. Changes in hormonal levels and the blood flow pattern due to an increased supply of blood to the uterus are likely to cause such a sensation. Palpitations often occur in conjunction with other symptoms, which vary depending on the underlying disease, disorder or condition. Other common symptoms include irregular pulse, chest pain, chest pressure, shortness of breath, cough, fever, abnormal vital signs, rapid breathing (tachypnea) and labored breathing (dyspnea). Dizziness, anxiety, restlessness and paranoia can also occur. Complications of some underlying causes of palpitations can be life-threatening and include low oxygen levels and high carbon dioxide levels in the body, sepsis, shock, life-threatening cardiac arrhythmias, respiratory arrest, cardiac arrest and death. Palpitation is also caused by anxiety, fear and stress.

**Conclusion**

The best way to control palpitations naturally would be through making changes to your diet and lifestyle.

Meditation can help tremendously, the breathing techniques of yoga can offer significant advantages. Breathing exercises are an effective heart palpitations cure as they can give you greater control over subconscious functions and also the ability to consciously relax. Avoid the use of any illegal substances, no matter how trivial your habits may seem. The use of substances like marijuana and cocaine as well as alcohol can significantly increase the severity and risk of palpitations. Physical activity can help to improve circulation and also helps to de-stress. Rigorous exercise and over exercising can be dangerous however as this can increase the risk of palpitations. So stick to light non strenuous exercises like yoga, Pilates or aerobics. Physical activities like walking, swimming and cycling can also help significantly.