

Patient Information **Bradycardia**

BACKGROUND INFORMATION

- Bradycardia means “slow heart” and usually refers to the heart rate or “pulse” being less than 60 beats per minute.
- A slow heart rate can be normal in some patients, such as when we sleep or in athletes.
- It can be a sign of the heart’s electrical system being unable to maintain the needed heart rate for the heart to function most efficiently.

SYMPTOMS

- Fatigue
- Decreased exercise tolerance
- Dizziness
- Shortness of breath
- Passing out (syncope) – rarely

DIAGNOSTIC TESTS

- EKG
- Echocardiogram
- Arrhythmia monitor (Holter monitor)

TREATMENT

- Stop heart rate slowing medications
- Consider pacemaker placement if symptoms persist and there is no reversible cause of the heart rate slowing

FOR MORE INFORMATION or to make an appointment at URMC Cardiology at Highland Hospital, please call (585) 341-6780 or visit us online at www.highlandheart.urmc.edu