

How heart rhythm monitors work

Wearing a heart rhythm monitor can help you find out if you have an irregular heartbeat. The results will also guide treatment, if needed.

Some uneven heartbeats are harmless, while others can lead to a stroke.

Irregular heartbeats can be hard to find because they come and go quickly.

TYPES OF MONITORS

DEVICES DIFFER IN THREE WAYS:

- 1 How long you wear them
- 2 If you need to trigger the recording or if it is automatic
- 3 If the information is reviewed while you are wearing the device or after you return it

HOLTER MONITOR



- Wear it 1-3 days
- Use if you have symptoms most days

EVENT MONITOR OR PATCH RECORDER



- Wear it 2-6 weeks
- Placed on the chest or in a pocket or on a belt
- Use if you have no symptoms or have them less often

IMPLANTABLE MONITOR



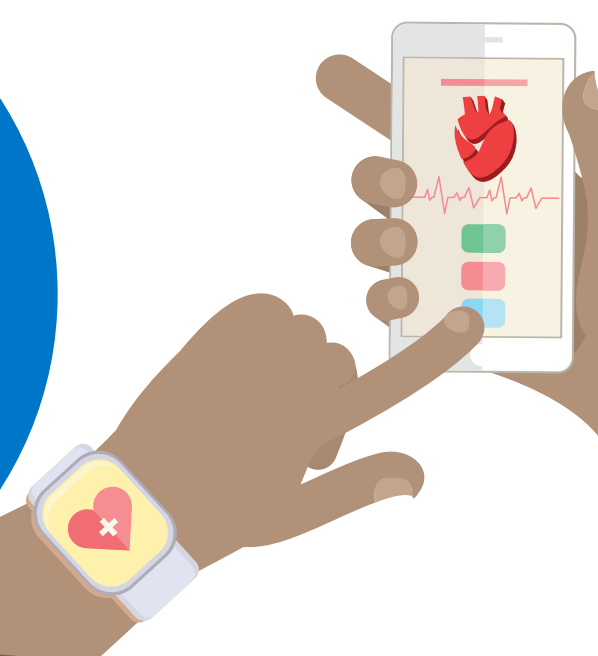
- Wear it up to 4 years
- Inserted under the skin near the heart
- Use if your symptoms are rare

Records your heart activity for longer amounts of time as you go about your day

REASONS TO USE A MONITOR

- Unexplained fainting spells, stroke
- Heart palpitations, dizziness, shortness of breath, feeling faint
- After a heart attack or other conditions
- Family history
- To see if treatment is helping

Wearables – smartwatches and phone-based apps – that track your heartbeats may help. Ask your care team.



Visit [CardioSmart.org/HeartMonitors](https://www.cardiosmart.org/HeartMonitors) to learn more.

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