

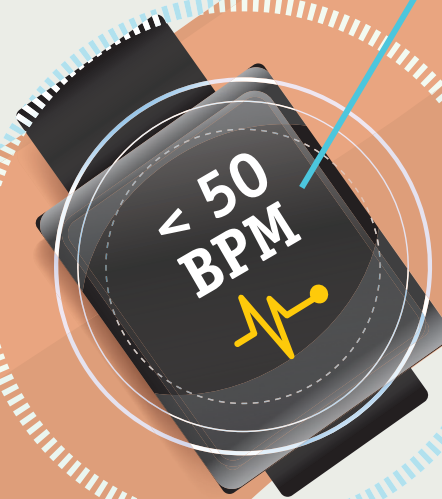
BRADYCARDIA (Slow Heart Rate)

BRADYCARDIA (slow heart rate) can be a red flag that the heart's electrical system isn't working as it should.

PAY ATTENTION if your heart rate is lower than **50 BEATS PER MINUTE.**



FOR SOME, A SLOWER HEART RATE IS NORMAL & no treatment is necessary



HOW IT IS TREATED



TREAT CONDITIONS that might play a role



ADJUST CERTAIN MEDICATIONS



Sometimes **A DEVICE (PACEMAKER)** to help a heart beat regularly is needed

If your heart beats too slowly, **YOUR BRAIN & BODY MAY NOT GET ENOUGH OXYGEN.** Then you may **EXPERIENCE:**

- ▶ Dizziness
- ▶ Fainting
- ▶ Shortness of breath
- ▶ Fatigue
- ▶ Confusion
- ▶ Difficulty exercising
- ▶ Chest pain



If you feel faint, have shortness of breath or chest pain, **CALL 911**

WHAT YOU CAN DO



Learn to **TAKE YOUR PULSE**

REPORT SYMPTOMS to your care team



Keep your **HEART HEALTHY**

REVIEW ANY MEDICINES you take at every health visit



Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

▶ Go to [CardioSmart.org/Bradycardia](https://www.CardioSmart.org/Bradycardia) to learn more about this heart condition.