Premature Beats

You are having premature beats of your heart. **This is a common condition which is usually not caused by heart disease or other major illnesses**. Premature beats may cause no symptoms. Premature beats may cause palpitations. This makes you feel like your heart is skipping a beat. Sometimes there is even slight chest pain. Premature beats are called PAC's or PVC's, depending on the area of the heart where they start. They may be brought on by a variety of factors including emotional stress and lack of sleep. Caffeine, asthma medicines, stimulants, herbal teas, dietary supplements, and alcohol can also be involved. Evaluation may require heart monitoring at home for several days.

You should avoid coffee, tea, colas, and alcoholic beverages and be sure to get plenty of rest over the next few days until your symptoms improve. Do not smoke tobacco. See your caregiver if your symptoms continue after 1-2 days of rest. If these are common, treatment may be needed to reduce or eliminate these extra beats.

SEEK IMMEDIATE MEDICAL CARE IF YOU DEVELOP:

- Severe chest or abdominal pain, or pain that radiates up into the neck, arm or jaw.
- Fainting or extreme weakness.
- Shortness of breath, or a racing heart for more than five seconds.

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