Supraventricular Tachycardia (SVT), Brief

Supraventricular tachycardia (SVT) is an abnormal heart rhythm that causes the heart to beat very fast. An SVT can cause the heart to beat greater than 100 beats per minute. SVT can start and stop suddenly (*non-sustained*) without warning and cause a burst of rapid heartbeats. SVT can also be *sustained*, in which the heart beats at a continuous fast rate.

CAUSES

There can be many different causes of SVT. Some of these include:

- Heart problems.
- Hyperthyroidism.
- Low potassium and/or magnesium levels.
- Caffeine.
- Illegal drugs and some over the counter medications.

SYMPTOMS

Symptoms depend on if the SVT is sustained or non-sustained. Some of these include:

- Feeling your heart beat rapidly (*palpitations*).
- Shortness of breath.
- Chest pain or pressure.

DIAGNOSIS

There are several different kinds of tests that can help diagnose SVT. Some of these are:

- Electrocardiogram (EKG).
- A Holter or Arrhythmia monitor.
- Stress test.
- Electrophysiology Study.

TREATMENT

- SVT can be treated with:
  - Cardioversion.
  - Oral medications.

SEEK IMMEDIATE MEDICAL CARE IF YOU HAVE:

- Dizziness.
- Near fainting or fainting.
- Shortness of breath.
- Chest pain or pressure.
- Sudden nausea or vomiting.
- Profuse sweating.

MAKE SURE YOU:

- Understand these instructions.
- Will watch your condition.
- Will get help right away if you are not doing well or get worse.

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