

## World Heart Rhythm Week

3-9 June 2019

Arrhythmia Alliance 'World Heart Rhythm Week' is an annual awareness week that focuses on detecting arrhythmias. This year they want to raise awareness on the importance of:

### Knowing Your Pulse

#### The Facts Why you should Know Your Pulse

- The easiest way to detect an arrhythmia is to feel the pulse to feel your heart rhythm – is it uneven, too fast, too slow?
- More than 3 million Britons are affected by an arrhythmia (irregular heart rhythm)
- Heart rhythm disorders are Britain's biggest killer
- Arrhythmias cause at least 100,000 sudden cardiac deaths each year in the UK – over 250 every day!

#### SYMPTOMS

The symptoms of an **abnormal heart rhythm** depend on what type of arrhythmia you have. The most common symptoms of an abnormal heart rhythm include:

- Palpitations
- Dizziness
- Breathlessness
- Feeling tired
- Losing consciousness



There is currently no required program of pulse checks or heart rhythm screening at regular health check-ups.

If pulse checks were routine within the NHS, thousands of lives, and thousands of debilitating strokes, could be saved every year

A simple pulse check only takes 30 seconds and it could save your life!! Click on the following link for an instructional video on how to take your pulse:  
<http://www.heartrhythmalliance.org/aa/uk/know-your-pulse/>

Alternatively, for help on 'knowing your pulse' or for further information on Arrhythmias you can contact Arrhythmia Alliance on **01789 867 501**, or email [info@heartrhythmalliance.org](mailto:info@heartrhythmalliance.org)