

<assploitations 6> Bradycardia SlowHeartRate American Heart Association
LowHeartRate What It Is and When to Worry.

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Sep 25 2024 The American Heart Association defines bradycardia as the medical term for a heart rate that is too slow.

Learn more about the signs and symptoms of bradycardia Mar 17 2023 A low heart rate of 60 beats per minute and below occurs often in older adults and is considered normal unless you have symptoms like heart palpitation Dec 13 2024. Preventing heart disease may help lower the risk of bradycardia.

The American Heart Association recommends these steps: Get regular exercise. Ask your healthcare team about how much and what type of exercise is best for you. Eat nutritious foods.

Eat a healthy diet that is low in salt and solid fats and rich in fruits and vegetables and whole grains Dec 14 2025. Bradycardia is when the heart beats slower than 60 BPM. Symptoms include fatigue, dizziness, and chest pain.

Treatments range from medication to pacemakers Apr 30 2024. Is your resting heart rate slower than normal? If it is too slow, then it could be a heart rhythm disturbance called bradycardia. A heart rate that is too slow can vary between individuals, although most people fall into the average range.

Younger adults and highly athletic people may have relatively low resting heart rates without experiencing symptoms of bradycardia. A resting heart rate below 60 BPM is considered too slow bradycardia, which depends on a person's age and physical condition.

Causes of a slow heart rate may include problems in the conduction pathways of the heart that do not allow electrical impulses to pass properly from the atria to the ventricles, problems with the sinoatrial (SA) node, heart damage from heart disease, or a heart rhythm disturbance called bradycardia. Ask the expert: When should I worry about bradycardia? BHF Senior Cardiac Nurse Ruth Goss explains how your heart rate naturally slows and speeds up during the day and night and when to seek medical help.

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