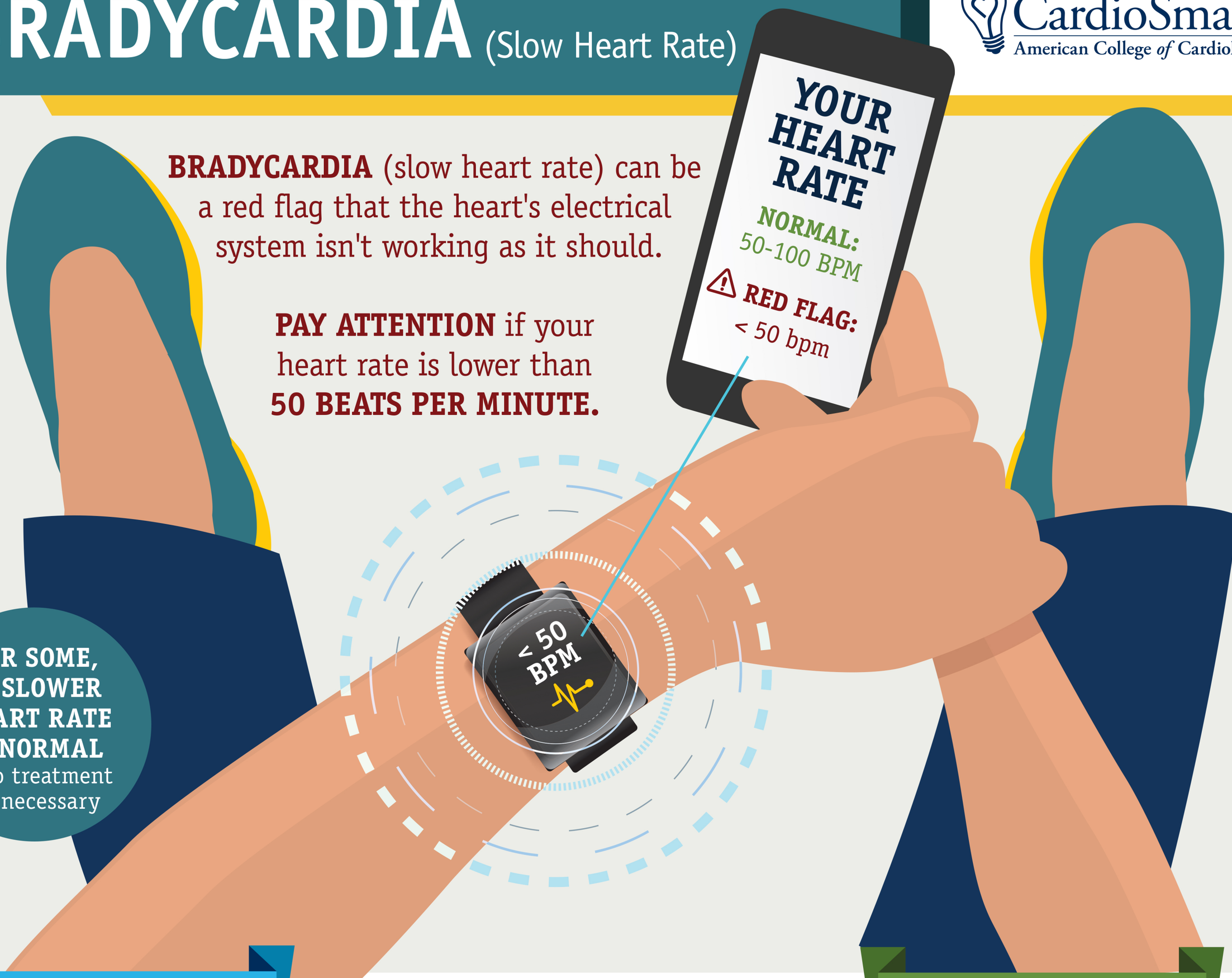
BRADYCARDIA (Slow Heart Rate)

CardioSmart
American College of Cardiology

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

911 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* to learn more about this heart condition.

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