

Heart rhythm disorders.

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ANNOTATION

Heart rhythm disorders, also known as arrhythmias, represent a group of conditions characterized by abnormalities in the rate, regularity, or sequence of cardiac electrical activity. These disorders may manifest as tachycardia, bradycardia, or irregular heartbeats and can occur in both healthy individuals and patients with underlying cardiovascular diseases. The etiology of arrhythmias is multifactorial and includes structural heart disease, ischemia, electrolyte imbalances, endocrine disorders, autonomic dysfunction, and adverse drug effects. Clinical manifestations range from asymptomatic cases to severe symptoms such as palpitations, syncope, chest pain, and sudden cardiac death. Early diagnosis using electrocardiography and appropriate management are essential to reduce complications and improve patient outcomes.

Keywords:

heart rhythm disorders, arrhythmia, tachycardia, bradycardia, electrocardiography, cardiovascular diseases

Introduction.

Heart rhythm disorders, commonly referred to as arrhythmias, are among the most frequently encountered cardiovascular conditions in clinical practice. They arise from disturbances in the generation or conduction of electrical impulses within the cardiac conduction system. According to the literature, arrhythmias may affect individuals of all ages and can be either benign or life-threatening depending on their type, duration, and underlying etiology.

Current studies emphasize that arrhythmias are broadly classified into supraventricular and ventricular forms. Supraventricular arrhythmias, including atrial

fibrillation and atrial flutter, originate above the ventricles and are often associated with structural heart disease, hypertension, and aging. Ventricular arrhythmias, such as ventricular tachycardia and ventricular fibrillation, are typically linked to ischemic heart disease and represent a major cause of sudden cardiac death.

The pathophysiological mechanisms of arrhythmias involve abnormal automaticity, triggered activity, and re-entry circuits. Literature highlights the crucial role of electrolyte imbalances, especially potassium and magnesium disturbances, in altering myocardial excitability and conduction velocity. Additionally, autonomic nervous system dysfunction significantly influences heart rhythm regulation, particularly in stress-related and endocrine-associated arrhythmias. The development of arrhythmias is influenced by multiple factors, including structural heart abnormalities, myocardial ischemia, electrolyte imbalances, autonomic nervous system dysfunction, endocrine disorders, and the effects of certain medications.

Clinical manifestations range from asymptomatic cases to severe symptoms such as palpitations, dizziness, syncope, chest pain, and heart failure. Diagnosis of heart rhythm disorders relies primarily on electrocardiography, which remains the gold standard for identifying rhythm abnormalities. Additional diagnostic tools include Holter monitoring, event recorders, and electrophysiological studies. Treatment strategies depend on the type and severity of the arrhythmia and may involve pharmacological therapy, catheter ablation, pacemaker implantation, or the use of implantable cardioverter-defibrillators.

Diagnostic approaches described in the literature include electrocardiography, Holter monitoring, event recorders, and electrophysiological studies. Among these, the standard 12-lead electrocardiogram remains the cornerstone for arrhythmia detection and classification. Advanced imaging and wearable monitoring technologies are increasingly discussed as valuable tools for early diagnosis and long-term rhythm assessment. Management strategies for heart rhythm disorders are tailored to the arrhythmia type and patient risk profile. Pharmacological therapy, including antiarrhythmic drugs and rate-control agents, remains a primary treatment option.

However, recent literature underscores the growing importance of non-pharmacological interventions such as catheter ablation, implantable pacemakers, and cardioverter-defibrillators in improving prognosis and reducing mortality.

In conclusion, the literature consistently demonstrates that heart rhythm disorders represent a significant clinical and public health challenge. Ongoing research continues to refine diagnostic methods and therapeutic strategies, aiming to enhance patient outcomes and prevent arrhythmia-related complications.

Literature

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