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Learn more about Heart Palpitations with the Help of the Best Cardiologist Doctor in New York by [NewYorkCardiacCenter](#)

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Have you ever noticed an unsteady beating of your heart? Have you ever felt that your heart beats abnormally with missed beats? Then it is time to visit a cardiologist. Unsteady beating of the heart or heart palpitations are a common among many people and can even signify a cardiovascular abnormality. Therefore, it is imperative to consult the best cardiologist doctor in the city of New York. This is useful to avert any health problems in the future.

We recently had the chance to interview one of the best cardiology doctors in the city of New York who briefed us more on the subject of heart palpitations. In the section below are some excerpts from the conversation.

What are heart palpitations?

The human heart is responsible for pumping of blood throughout the body that usually happens with the help of electrical impulses emitted by the SA node or the pacemaker of the heart. These signals make the upper chamber of the heart push blood in to the lower chambers of the heart. The electrical signal is then received by the AV node, which make the lower chamber contract and pump out blood to be supplied to the other parts of the body. Normal heartbeat for a healthy human is 60-100 times at rest.

This may increase in case of strenuous physical activity or excitement. However many suffer from accelerated or skipped beats that may accelerate the heart rate and may be accompanied with fainting or dizziness. This condition is termed medically as heart palpitations that can be normal or have an underlying association in the form of certain diseases such as coronary heart disease.

What are the symptoms associated with heart palpitations?

There are some specific symptoms associated with heart palpitations that may include skipped heartbeats, fast heartbeats, fluttering heartbeats or an abnormal beating of the heart. In many cases, palpitations may also be accompanied with dizziness, fainting and shortness of breath. They can be either for a short span of time or for a prolonged duration.

What are the causes that are responsible for heart palpitations?

Various factors may cause palpitations that are namely strong emotional disturbances in the form of anxiety or stress, strenuous exercises, asthma medications, cough and cold medications and fever. Other causes may include the changes in the hormonal levels due to pregnancy. Structural heart disease can so cause palpitations.

What are the possible complications that may develop from heart palpitations?

In many cases, heart palpitations can be treated as normal. However, in some cases it may signify severe complications in the form of fainting, stroke, cardiac arrest and even heart failure. A cardiologist can efficiently check for any abnormalities with the help of various tests.

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