



What should I do for the irregular heartbeats?

Sometimes, we may feel our own heartbeat, which is known as "palpitations". Palpitations, although not always problematic, can indicate an irregular heart rhythm. Irregular heart rhythm, also known as "arrhythmia", refers to abnormal heartbeats. There are various types of arrhythmias, some of which can occur at a young age, while others are more common in individuals over 65 years old.

As the population ages in Taiwan, the number of elderly individuals aged 65 and above is increasing. Among these elderly individuals, there is a very common type of arrhythmia called atrial fibrillation. Atrial fibrillation affects approximately 5% to 7% of individuals over the age of 65. As a result, the older the person, the higher the likelihood of experiencing atrial fibrillation. In Taiwan, it is estimated that there are approximately 250,000 to 290,000 patients requiring treatment for atrial fibrillation each year.




Atrial fibrillation is considered important because it is one of the primary causes of ischemic stroke, with approximately 1/5 to 1/6 of cases attributed to blood clots formed due to atrial fibrillation. Moreover, stroke resulting from atrial fibrillation embolism tends to recur, causing significant physical and mental health damage to patients and their families. Additionally, it imposes a significant healthcare burden on society.

Because atrial fibrillation is a significant cause of ischemic stroke, doctors typically advise patients to follow medical instructions and receive oral anticoagulant therapy. In terms of anticoagulant treatment for atrial fibrillation patients, traditional anticoagulant medications are effective but require long-term blood monitoring to reduce the risk of bleeding, which can be inconvenient for patients on long-term medication. Although new oral anticoagulant drugs (NOACs) have shown excellent efficacy, they still carry a risk of bleeding and are relatively expensive, requiring close collaboration and

What should I do for the irregular heartbeats?

monitoring between patients and doctors.

How to detect atrial fibrillation?

Conventional type	Real-time electrocardiogram (ECG)	Wearable watch-type devices
		

Patch-style 7-day and 14-day continuous ECG monitoring is a better choice for detecting atrial fibrillation as it is typically paroxysmal (intermittent) in nature.



For more information, please visit the Cardiology Clinic or Telehealth & International Medical Center.