

Heart Arrhythmias

Brugada Syndrome



Brugada syndrome (BrS)

This is a rare type of arrhythmia that can be inherited genetically. In this condition, changes within the ion channels of the heart cause a faster than normal heart rhythm. Ion channels are a part of cells that convert chemical messages within the body into electrical signals. When these electrical signals are abnormal, they can affect the rhythm of the heart and cause an arrhythmia.

Some people who have Brugada may not experience any symptoms. If symptoms are present, they can include:



- Dizziness or fainting



- Fast or irregular heartbeat

If not treated, this condition can cause you to feel dizzy or faint, since the heart is not pumping as efficiently as normal and not enough blood may be reaching the brain. More rarely, it can cause cardiac arrest, where the heart stops beating. Due to this, diagnosis and proper treatment of this condition are very important. You should also check whether medicines you are currently taking are safe to take with this condition, including prescription and over the counter medicines, supplements and herbal remedies.

If you have Brugada syndrome and are at risk of developing an abnormally fast heart beat, you may need to have an implantable cardioverter defibrillator (ICD). This device can help treat arrhythmias when they occur, and has the benefit of reducing risk of death. Risks of having an ICD include: infection when having the device surgically implanted, damage to blood vessels caused by the ICD leads, blood leaking through the heart valve where the ICD lead is placed, the device emitting shocks when they are not needed, and lung collapse. There is also a small chance that the device may fail before it is due to be replaced, or that the ICD leads may move within the body and another surgery may be needed to put them back in place. Your doctor will discuss the risks and benefits of this treatment with you. Having an ICD can help to extend your life and improve your quality of life.



Hearts4heart supports, educates and advocates for Australians living with atrial fibrillation and other heart conditions. Join our community and the conversation.

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