

# **Heart Arrhythmias**

Ectopic or Premature  
Heartbeats



## Ectopic or premature heartbeats

This is where the heart either misses a beat or adds an extra beat. There is often no clear cause of these skipped or extra beats. They can occur in healthy people and are usually not a cause for concern.

There are often no symptoms. If symptoms are present, you may feel like your heart has skipped a beat, or as though your heart has added an extra beat.

In most cases, ectopic heartbeats do not need to be treated. It can be helpful to try to identify triggers and avoid them. If the condition is severe, or if extra beats are occurring often, treatments such as medicine may be considered. Medicines used can include beta blockers or calcium channel blockers.





**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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