

Heart Arrhythmias

Tachy-brady Syndrome or
Sinus Node Dysfunction

Tachy-brady syndrome (sick sinus syndrome (SSS) or sinus node dysfunction (SND))

This is where the part of the heart that controls the heartbeat (sinus node) can't keep a steady beat. It causes an irregular heart rate that can be too slow or too fast, or can alternate between being too slow and too fast. This condition is relatively uncommon, but is more common in older people.

People with this condition may not experience any symptoms. When symptoms develop, they can be mild or may come and go. Symptoms can include:



- Fatigue



- Dizziness or fainting



- Shortness of breath



- Chest pain or discomfort



- Heart rate that is slower than usual



- Heart rate that is faster than usual



This condition can progress over time, and can eventually lead to complications. These can include damage to other organs due to not enough blood reaching them.

Your doctor may check the medicines that you are taking to ensure that they are not affecting your sinus node. Your doctor may then adjust the dose of your current medicines, or may prescribe different medicines to replace them.

Eventually, people with this condition may need to have a pacemaker implanted. This is a device that sends electrical signals to the heart to help it keep a steady rhythm. Risks associated with getting a pacemaker include: infection following implantation of the device, bruising or bleeding at the site of implantation, blood clots, damage to blood vessels or nerves, bleeding between the lung and chest wall, collapsed lung, problems with the device stimulating muscles other than the heart, or problems with the device or its leads moving within the body. These risks are uncommon, and your doctor will discuss the risks and benefits of this treatment with you. A pacemaker can help improve your daily life, and allow you to get back to your usual activities.



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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