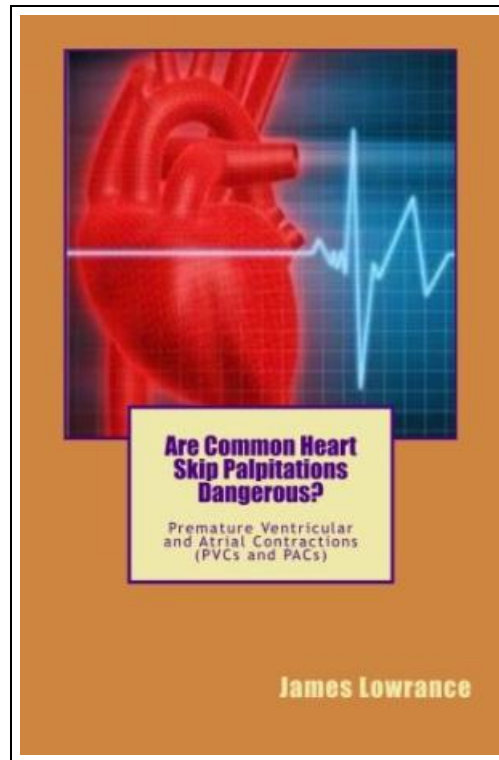


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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 38 pages. Dimensions: 8.5in. x 5.5in. x 0.1in. This book is also a section found in the title: Common Murmurs, Arrhythmias and Myopathies of the Heart, with this title being made available separately, for readers interested specifically in the PVCPAC (heart skips) subject. Skipped heartbeats occur in most, if not 100 of the general population, at some point during their lives. Some medical sources state that about half of us experience them on a relatively frequent basis. For some people however, these heart palpitations called Premature Ventricular Contractions and Premature Atrial Contractions (PVCs and PACs), occur at a frequency or forcefulness, that can be concerning to them and that can result in chronic anxiety and/or panic attacks. In most cases these palpitations are benign but the unpleasant feeling they may cause can at times override any reassurance one might receive by a doctor, that their heart is otherwise healthy and normal. It is my intention, through the chapters of this book, to inform readers who experience these common but most-often benign palpitations, with facts, that can help them to better-cope with the concerning symptoms they may experience with these strange heartbeats. TABLE OF CONTENTS: CHAPTER ONE Understanding Premature Ventricular and Atrial Contractions Just Exactly What are these Heart Skip Palpitations CHAPTER TWO Heart-Skip Palpitations (PVCs) and Cardiomyopathy (Heart Enlargement Risk with Premature Ventricular Contractions) CHAPTER THREE Do PVCs and PACs Increase the Risk for Premature Death (Fears caused by Frequent Skips and Thumps) CHAPTER FOUR Common Treatments for Heart Palpitations (Lifestyle, Pharmaceutical and Natural Solutions for PVCs and PACS) (This book is not intended to be an extensive medical journal but rather contains the information that most laypersons would be seeking on the subject.) This...



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