

# Premature Ventricular Contractions (PVCs)

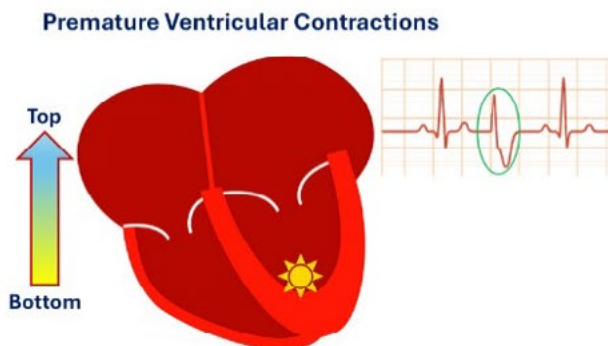
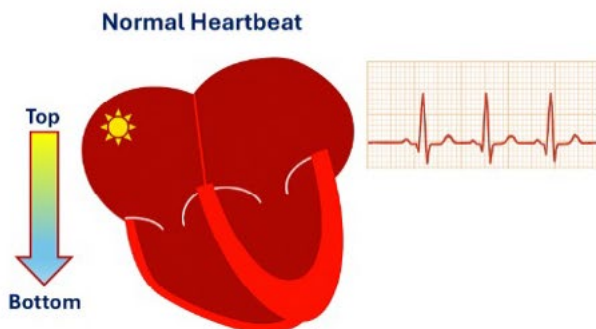
Guide to Understanding Your Extra Heartbeats

# What are PVCs?

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Premature Ventricular Contractions (PVCs) are extra heartbeats that start from the lower half of the heart (the ventricles) instead of the usual starting point in the upper half (the atria). These extra beats can disturb your heart's normal rhythm.

PVCs are common and can be harmless, especially if your heart is healthy.



# Symptoms of PVCs

PVCs often cause no symptoms. If symptoms do occur, you might experience your heart:

- Skipping a beat
- Jumping
- Fluttering or pounding



Jumping heartbeat



Skipped heartbeat



Fluttering heartbeat

# What causes PVCs?

The exact cause is not always clear. However, certain factors may increase the chances of PVCs, such as:

- Excessive alcohol, tobacco, or high caffeine intake
- Anxiety or stress
- Lack of sleep



Excessive alcohol intake



Smoking



High caffeine intake  
(coffee, chocolate, tea,  
energy drinks)



Stress or anxiety



Lack of sleep

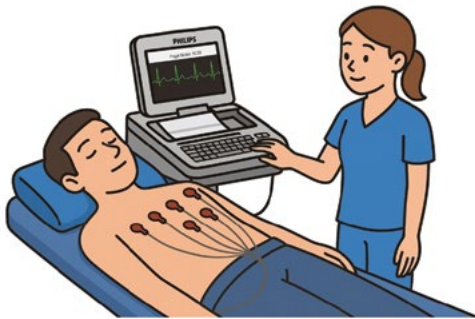
# How do doctors diagnose PVCs?

Doctors can detect PVCs using an electrocardiogram (ECG) – a quick test that records how your heart is beating.

If PVCs are not seen during the short ECG test, your doctor may suggest:

- **Holter Monitor:**

A portable device worn for 24 hours or longer (up to 7 days) to record your heartbeats continuously.



**Electrocardiogram (ECG)**

A quick test that shows how your heart is beating



**Holter monitoring**

A portable machine that continuously records your heartbeats for 24 hours

# Management and treatment

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For most people with a healthy heart and minimal or no symptoms, no treatment is needed.

Lifestyle adjustments can help lower the likelihood of PVCs, such as:

- Cutting down on alcohol, caffeine, and smoking
- Managing stress
- Getting enough sleep

# When to seek medical attention?

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If your symptoms become more frequent and affecting your daily life, please speak to your doctor for further advice.

# Notes

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