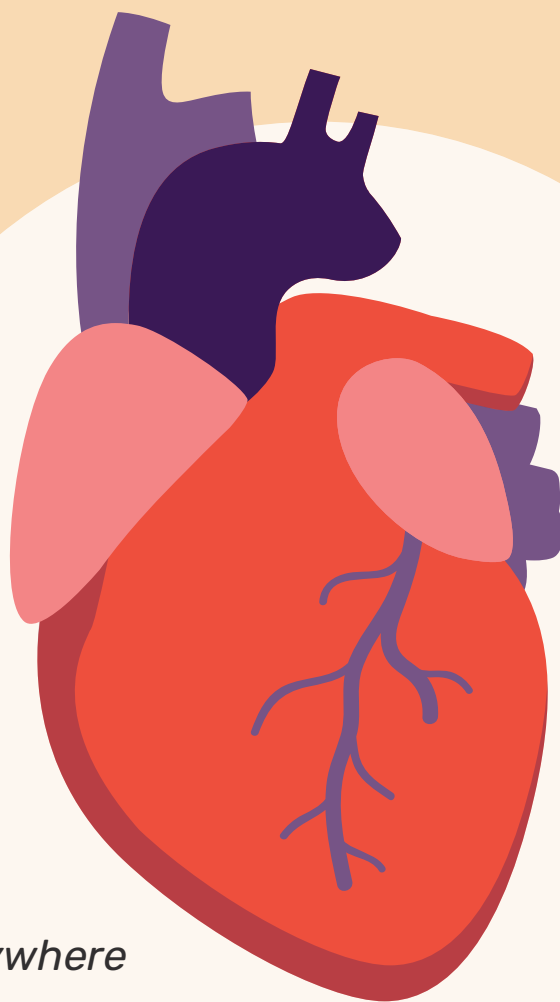


Your Heartbeat Cheat Sheet

An SVT Backgrounder

Supraventricular tachycardia (SVT) is a heart condition that leads to episodes of a fast, regular heartbeat that starts and stops without warning.

SVT may also be called PSVT, or paroxysmal supraventricular tachycardia. The two terms mean the same thing. "Paroxysmal" simply means that an episode begins suddenly and can happen repeatedly.



What causes it?

SVT is caused by an abnormality in the electrical system of the heart.

Normal resting heart rate:

60-100

beats per minute

Heart rate during an SVT episode:

100-250+

beats per minute



SVT episodes may last anywhere from **minutes to hours**.

In 6 out of 10 people, episodes last

10+ minutes

2 out of 3 people experience up to

12 episodes

per year

Who is affected?

SVT episodes can start at any time in a person's life and may occur in otherwise healthy people.

Women

are twice as likely as men to develop SVT

All ages

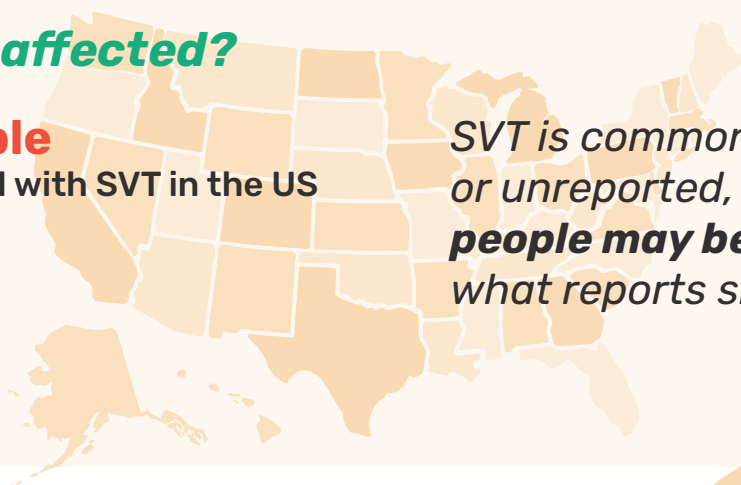
are at risk, but SVT occurs more commonly as you age

9 out of 10 people

with SVT are bothered by its impact on their lifestyle, such as their ability to exercise or drive

How many are affected?

~2 million people have been diagnosed with SVT in the US



SVT is commonly misdiagnosed or unreported, meaning **more people may be affected** than what reports show.

Symptom checklist

Everyone's journey with SVT is unique. Talk to your doctor if you have experienced one or more of the following:

- ⊗ Palpitations
- ⊗ Chest pressure or pain
- ⊗ Shortness of breath
- ⊗ Anxiety
- ⊗ Dizziness (Rare cases can lead to fainting)
- ⊗ Sweating/feeling flushed
- ⊗ Fatigue
- ⊗ Nausea



SVT diagnosis and care options



Record abnormal heart rate with wearable monitor



~30% visit the emergency department each year



>60% take medication regularly



<15% undergo heart ablation

There are currently no FDA-approved, in-home treatments to stop your SVT.