

# Know Your Pulse

Thursday 11<sup>th</sup> & Saturday 13<sup>th</sup> June 2009

***The aim of this event is to raise awareness of the deadly impact of cardiac arrhythmias as part of a global education initiative.***

The “***Know your pulse***” is taking place during World Heart Rhythm Week (8-14 June 2009) an initiative which brings individuals and organisations together from across the globe and supports them to raise awareness of cardiac arrhythmias.

Cardiac arrhythmias mean the abnormal electrical activity in the heart. Arrhythmias include conditions such as atrial fibrillation (where the upper chambers of the heart beat irregularly), an unusually slow heart beat (bradycardia), an unusually fast heart beat (tachycardia) and can cause Sudden Cardiac Arrest – when the heart stops beating unexpectedly due to irregular electrical activity in the heart.

*Sushma Sanghvi, the Practice Principal at The Sherwood Clinic* comments: “Cardiac arrhythmias are one of *the UK’s* biggest killers and can often go undetected. The aim of our activities during World Heart Rhythm Week is to inform people about the dangers of heart rhythm problems and ensure that if they think they have an irregular heart beat they should seek further advice from their doctor.”

The pulse is one of the most effective ways of identifying potential cardiac arrhythmias and so, ‘knowing your pulse’ is relevant to members of public and medical professionals. Arrhythmia Alliance aims to encourage routine pulse checks as a matter of procedure, as exist for blood pressure and weight.

On Thursday 11<sup>th</sup> & Saturday 13<sup>th</sup> June 09, we will provide FREE pulse checks and advice on Cardiac Arrhythmias.

**You will need to book your FREE appointment by calling the reception on 0208 869 0000.**