

palpitations

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I have searched and found a lot of stuff on this but i just wanted to share with you all what has been going on the past few days. To start things off I'm a 26 male overweight with a bad diet and no exercise. The past few days I have been getting hard heartbeats along with skipped beats and chest pains. I went to the after hours lastnight and they ran an ECG which was fine cept for a high heart rate, they also ran a blood test which I will find out soon on. Seems like I have a lot of anxiety as well, seems like all day long my palms sweat and sometimes clammy, also I'm constantly thinking/worrying about what is wrong with me more now that these are here. I just hope it is just anxiety and that it is getting worse instead of the heart. I tried dealing with anxiety on my own but I can't seem to get rid of it, this sure isn't helping. Also am not active during the day as I sit down in front of a computer at work, so easy to notice the heart and more time to worry. Just wondering if anxiety or constant worry can cause constant palpitations and palm sweats all day? I wouldn't say I panic at all, but always worrying about what is going on with my health. I'm not too happy at the job I do but it is paying the bills. Seems like I always stress about my job and one co-worker here that won't do his work most of the time. I have bad road rage so that doesn't help. All of this I want to control but can't for some reason. Sorry for the long rant but maybe someone can tell me a little bit about these annoying palpitations.

Thank you all,