

## Re: Should I be concerned? (Heart palpitations)

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-06/msg00752.html>

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- *From:* [jason@xxxxxxxxxx](mailto:jason@xxxxxxxxxx) (Jason)
  - *Date:* Fri, 17 Jun 2005 12:01:18 -0700
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In article <1119032024.697018.271900@xx>, tforms1@xxxxxxxxxx wrote:

- >> Consider taking a mental health day or two. AKA call in sick and check
- >> it out with your favorite Doc.
- >
- > I wish I could.
- > Part of my 'rating' is based upon percentage of hours worked...i.e. 40
- > hour week, you worked 20 hours, you only worked 50% of the time.
- >
- > I need to hit a high target %, or I am gone. (implied to me - "You
- > cannot repeat your % from last year or there will be major problems for
- > you")
- >
- > For the rest of the year I will not be able to take any time off (my
- > choice) so that I will be able to get CLOSE to that number.
- >
- >> Peace of mind is no trivial matter ! Once resolved your lost time will
- >> be made up with increased productivity. If you need the money it is a
- >
- > Thats the "common sense" way.
- > But my company doesnt care about how productive you are, as long as you
- > are at work. :(
- >
- >> different story. Worst case scenario take off 4 hours.
- >
- > My PCP is in NY, I work out in NJ, so I cant see him (or it would be a
- > whole day thing).
- > I am in the process of trying to find someone in NJ right now.
- >
- > Thanks!

Hello,

I agree with the other intelligent poster that suggested that you see a doctor as soon as you can. On the way home from work, stop at Walmart or a large drug store and buy a Omron Digital Blood Pressure Monitor. I paid about \$45.00 for the one that I have but the price has probably gone up so you may have to pay about \$60.00 for it. It auto. measures your blood pressure and heart rate. After you get it, keep track of your numbers so

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you can show them to your doctor. If you feel the same pains that you felt before—take your blood pressure ASAP and write down the numbers. Of course, if you really do believe that you are having a heart attack—just call 911 and get the help you need.

Also, buy a book about heart problems.

Jason

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We respect those subscribers that ask for advice or provide advice.

We do NOT respect the subscribers that enjoy criticizing people.

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• *Follow-Ups:*

- ◆ *Re: Should I be concerned? (Heart palpitations)*  
◇ *From:* tforms1

• *References:*

- ◆ *Should I be concerned? (Heart palpitations)*  
◇ *From:* tforms1
- ◆ *Re: Should I be concerned? (Heart palpitations)*  
◇ *From:* William Wagner
- ◆ *Re: Should I be concerned? (Heart palpitations)*  
◇ *From:* tforms1

- Prev by Date: *Re: Statin-associated Muscle Problems*
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