

Body/Face Flushing Racing Pulse

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I am 40 years old, male. I have always thought I had a racing heart rate and I tend to get ansi rather quickly. I also have mild/moderate sleep apnea and inflammatory bowel disease. I only about 10-15 lbs overweight but you wouldn't tell by just looking at me. (I am 5.91/2, 168 lbs). The last 6 months ago, it has been quite easy for me to get stressed out and to "forget to breathe". As I understand it, anxiety is not uncommon with sleep apnea.

A few months ago, I had an episode at work with no known triggers of getting really hot and itchy all over. I checked in the mirror and I was lobster red. I went to emergency and was released after a few hours. I was told to take up Yoga or some other form of relaxation exercise. At the time, I also complained that my blood pressure has become low all of a sudden: 120/72 or so. Again, that's normal I was told. I said, thats not normal for me. I should be around 140/88 (85). I have been doing very little cardio exercise and I dont believe that that little had anything to do with it.

Visting my GP, he got me to get some blood work done and showed no anomolies. I have complained in the past that I felt my heart was beating too fast. It would be over 100+ minutes on any given day. I complain about regular night sweats. Havent kept track of my body temp much when I have these, when I did body temp was normal.

The other day, I went for a short walk. I layed down in the sun (something i ordinarily do). After about 15 minutes, I had the same symptoms as I did a few months back: I was hot all over. I quickly went back home and checked in the mirror. I was indeed flushed all over as last time. I took 2.5 mg of Zyprexia that I had on hand from a few months back. I measured my bp when I got home and still flushed. It was 140/84 Pulse about 117 bpm. I then went to bed after taking off my shirt. I also tend to have some pain on my left side of my body below the pec muscle and a bit to the right. This tends to get sore when I become ansi or tense. I sometimes feel that my left arm is a little heavier than my right when I have this pain.

On Monday, I went to my GP and he [finally] agreed my pulse is too high. I was around 123bpm when standing. He mentioned something about the blood pressure being very different when standing and sitting. He sent

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me to the lab to get blood work done and to have take a HOLTER MONITOR home. I can't make out most of what else he wrote on the panel workup, but something like LDH. 24 hour urine for VMA, namotmy ??, NoT, Kt, urea, creat, C&P(?).

My pulse gets rarely below 88 bpm when I am si