

Re: Body/Face Flushing Racing Pulse

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- *From:* Susan <nevermind@xxxxxxxxxxx>
 - *Date:* Tue, 16 May 2006 08:26:36 -0400
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x-no-archive: yes

Sam wrote:

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 Zyprexa 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 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(?).

Re: Body/Face Flushing Racing Pulse

My pulse gets rarely below 88 bpm when I am sitting down and when asleep, it's around 76 bpm (measured with a heart rate monitor and confirmed with an overnight oxymetry). I am and have been taking 1GRAM of fish oil blend (as recommended by my GP). That day, I took one tablet of FOLIC ACID, and 3 capsules of acidiphoilus.

Can anyone shed some light on why (how) these flashes are happening. Is my heart damaged? What are the consequences or effect of a rapid heart rate?

Thanks
Sam

Have you been checked for mast cell activation disorder, mastocytosis and/or carcinoid syndrome? Someone I know had your symptoms, with near fainting, and it turned out to be mastocytosis, which I discovered on Medline after weeks of dozens of doctors in NYC hospitals failed to diagnose her. :-/

Susan
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