

# Re: Body/Face Flushing Racing Pulse

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- *From:* [jason@xxxxxxxxxx](mailto:jason@xxxxxxxxxx) (Jason Johnson)
  - *Date:* Tue, 16 May 2006 11:09:51 -0700
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In article <[vPeag.166593\\$7a.56480@pd7tw1no](mailto:vPeag.166593$7a.56480@pd7tw1no)>, "Sam" <[none@xxxxxxxx](mailto:none@xxxxxxxx)> 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 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.

## Re: Body/Face Flushing Racing Pulse

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(?).

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

Sam,  
The HOLTER MONITOR should help your doctor figure out if you have heart related problems. If the problems were the result of heart problems, request a stress test. In the mean time, do a google search on these terms:

Peripheral edema  
edema  
mastocytosis

I also suggest that you read this book:  
"Adrenal Fatigue" by James L. Wilson Ph.D.

There is a "Adrenal Questionnaire" in the book. After you score the questionnaire, you will know whether or not the problem is related to adrenal fatigue. Also, request kidney function and liver fuction blood and urine test and post in this newsgroup any items that are outside the normal limits.

I should note that I am not a doctor but have worked in a hospital. You have a great doctor. The Halter monitor was a great idea.

Jason  
Jason

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