

## Irregular Heartbeat

It's not puppy love, it's not anxiety, it's menopause! It's common in menopause for an irregular heartbeat to occur. Sometimes your heart may skip a beat, sometimes it may feel like it's racing and all a flutter.

Your irregular heartbeat could be the changes in the estrogen levels in your body as this hormone leaves the body slowly and irregularly during menopause and has an effect on the coronary arteries and the autonomic nervous system. autonomic nervous system.

Hold on to your hats ladies, it's gonna be a bumpy ride! Having a pounding heart may certainly cause anxiety and leave you feeling breathless but the root cause may be menopause. It's important to remember to stay calm, get exercise and spend time each day doing something that relaxes you. If your heart rate does not return to normal after several minutes or if you worry that your irregular heartbeat may be a sign of any significant illness contact your doctor.