# Understanding the link between anxiety and heart palpitations



A recent discussion on the relationship between anxiety and heart palpitations has garnered significant attention, particularly following a video shared on TikTok by cardiologist Dr Siyab MD. In his video, Dr Siyab addresses a common misconception that heart palpitations are solely indicative of serious heart conditions, urging individuals to consider anxiety as a prevalent cause of these symptoms.

Heart palpitations, characterised by the awareness of one's heartbeat, can affect many people. According to the National Health Service (NHS), these palpitations are typically harmless; however, they recommend seeking medical assistance if they persist or are accompanied by other concerning symptoms. The cardiovascular expert emphasised that while there are various potential causes for palpitations ranging from benign to severe heart rhythm abnormalities, anxiety is frequently an overlooked contributor.

Dr Siyab opened his video with written statements that challenge the belief that palpitations must be attributed to undiagnosed heart issues. He asserted, “Don’t let anxiety convince you that you have an undiagnosed heart condition every time your heart palpitates,” emphasising that anxiety is a common precursor to such sensations. In his insights, he elaborated on the nature of palpitations, which are often experienced as a racing heart, fluttering sensation, or similar feelings within the chest.

The cardiologist acknowledged that while it is critical for anyone experiencing heart palpitations to undergo thorough medical evaluations to identify any underlying physical conditions, he also noted that many of his patients suffer from anxiety disorders that manifest as heart-related symptoms. He categorised these varieties of anxiety as “very real medical conditions,” highlighting their potential to cause physical symptoms such as palpitations and chest pain.

He further cautioned against the minimisation of anxiety and its related disorders, referring to the possible dangers of disregarding these conditions as legitimate causes of heart symptoms. Dr Siyab explained that incorrect assumptions could lead to delays in necessary care for individuals facing debilitating anxiety.

The discussion on anxiety's role in heart health aligns with a broader context in the UK, where it is reported that over one in ten individuals lives with an anxiety disorder at any given time, equating to over eight million people. This statistic underscores the prevalence of anxiety and the importance of recognising its impact on physical health.

Following his insights, Dr Siyab concluded his video with a caption reinforcing the legitimacy of anxiety as a cause of heart symptoms including palpitations and chest pain, and he voiced the need for adequate care for those with anxiety-related issues.

Individuals concerned about heart health are encouraged to seek professional medical advice for proper assessment and tailored treatment plans.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.medicalnewstoday.com/articles/anxiety-with-heart-palpitations> - This article explains how anxiety often causes heart palpitations due to the activation of the body's 'fight or flight' response, a common symptom in panic disorder and other anxiety disorders. It highlights the importance of medical evaluation to rule out cardiovascular causes.
2. <https://www.centrecardiolaval.com/en/2023/07/12/understand-the-link-between-anxiety-and-heart-palpitations/> - This article delves into the physiological link between chronic anxiety and heart palpitations, emphasizing how anxiety can disrupt heart rhythm and increase palpitations. It also discusses strategies for reducing anxiety-related palpitations.
3. <https://my.clevelandclinic.org/health/diseases/17084-heart-palpitations> - This source describes heart palpitations as a reaction to anxiety or stress, which can often be managed with stress-reducing activities like meditation or yoga. It emphasizes the importance of medical evaluation if palpitations are frequent or persistent.
4. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4884607/> - This study underscores palpitations as a common symptom in psychiatric disorders such as anxiety and somatization disorders. It highlights the prevalence of psychiatric causes among patients experiencing palpitations without underlying heart disease.
5. <https://www.baptisthealth.com/blog/heart-care/can-anxiety-cause-heart-palpitations> - This article provides insight into how stress and anxiety can trigger heart palpitations, emphasizing the importance of stress management techniques to alleviate symptoms. It explains the 'fight or flight' response and its impact on heart rate.
6. <https://www.nhs.uk/conditions/heart-palpitations/> - This NHS page discusses the causes and symptoms of heart palpitations, including anxiety as a potential cause. It advises seeking medical attention if palpitations are persistent or accompanied by other worrying symptoms.
7. <https://www.getsurrey.co.uk/news/health/cardiologist-warns-common-condition-could-31421166> - Please view link - unable to able to access data