Holiday Heart: What is it?
Holiday Heart is a condition in which the body responds poorly to a combination of alcohol, stress, caffeine, and an over indulgence in the unhealthy foods during the holiday season. However, alcohol has been found to be the main culprit for this condition.

Who can experience Holiday Heart?
Holiday Heart can affect anyone regardless of age:

- Typically occurs between the ages of 30-70
- More prevalent in those who consume large amounts of alcohol
- Can occur with one time binge drinking

What are the Symptoms?
Symptoms of Holiday Heart can include:

- Irregular heartbeat
- Hard and/or fast heartbeat
- Shortness of breath
- Chest tightness with possible radiating pain to shoulder
- Dizziness

Why is this important?
Holiday Heart is not just a myth, and some patients can progress to more serious complications such as a heart attack. If any of these symptoms occur, be sure to seek medical attention immediately.

Preventing Holiday Heart

- Monitor alcohol intake if you are going to consume any during the holidays
- Although no true limit of drinks has been associated with Holiday Heart, 1-2 drinks per day is a good limit to stay with
- Do not ignore symptoms, it is important to seek medical attention as soon as symptoms are recognized

References