



Know your pulse

You can check your pulse by following these steps.



1 Place 3 fingers over the inside of your wrist, resting the fingers at the base of your thumb. Take time to feel the pulse under your fingers.



2 Now count each beat for a total time of 30 seconds.



3 Double the number of beats you counted and that is your heart rate per minute.

If your pulse feels irregular or is 'jumping around' get in touch with your doctor.

Check your pulse often, you will get to know the rate and rhythm and be able to tell if anything changes.

To find out more visit heartfoundation.org.nz/pulse

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The National Heart Foundation of New Zealand is a registered charity (CC23052) under the Charities Act 2005.



How to get a reading



Some people believe you can tell a lot about someone from the palm of their hand, but it's the pulse in your wrist that can tell you more.

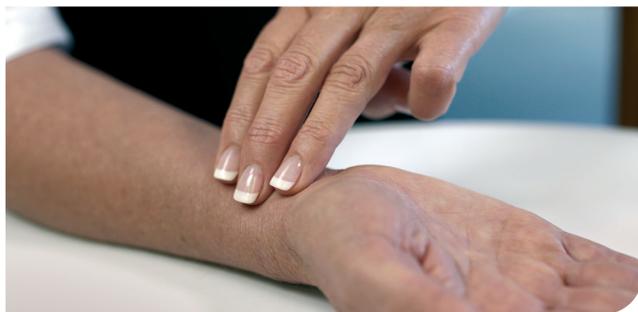
What is your pulse?

When your heart beats it pushes blood around your body. This heart beat can be felt as a pulse on your wrist.

Get to know your pulse

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- 1. Place 3 fingers over the inside of your wrist, resting the fingers at the base of your thumb. Take time to feel the pulse under your fingers.**
- 2. Now count each beat for a total time of 30 seconds.**
- 3. Double the number of beats you counted and that is your heart rate per minute.**



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What is a normal pulse?

The heart beats at a steady rate of between 60 and 100 beats per minute.

It is normal for the rate to get faster or slower with exercise, anxiety, medication or caffeine.

What is an irregular pulse?

An irregular pulse is when the heart doesn't beat in a regular rhythm or rate. This is also called an irregular heartbeat or arrhythmia. See your doctor if you notice that:

- **your pulse seems irregular or is 'jumping around'**
- **your pulse is racing, even when you're at rest**
- **your pulse seems unusually slow some or most of the time.**

The Doctor can do a simple test called an ECG (electrocardiogram) to further check for an irregular pulse.

Why is it important?

Often an irregular pulse can be harmless. However, if you have an irregular pulse get it checked by a health professional. Sometimes it can be a sign of a heart condition. The most common type of arrhythmia is atrial fibrillation.

If you have atrial fibrillation, you have an increased chance of having a stroke. Your doctor can help you manage your condition and there are medications you can take that can help reduce the risk of a stroke.