

***RETIREED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)  
invites you to attend its meeting, on Wednesday, Mar. 27, 2013.  
First Presbyterian Church, Lafayette Pl., Greenwich.***

***DR. SANDHYA DHRUVAKUMAR***

***THE BEAT GOES ON: ATRIAL FIBRILLATION, PACEMAKERS, AND  
OTHER PROBLEMS OF THE HEART***



Did you know that your heart has an electrical system? It is a bit like the electrical wiring in your home. The heart's electrical system creates signals that tell your heart when to beat. And the heartbeat is what pumps blood throughout your body. In a healthy heart, the chambers contract and relax in a coordinated way, *in rhythm*. A problem in your heart's electrical system can disrupt your heart's normal rhythm. Any kind of abnormal rhythm or heart rate is called an arrhythmia. It is normal and healthy for your heartbeat to speed up or slow down during the day as your activity level changes. But it is not normal for your heart to beat out of rhythm, which results in inadequate blood delivery to the rest of your body.

Dr. Dhruvakumar, of Stamford Hospital is a specialist in Cardiac Electrophysiology, which deals specifically with heart rhythms. She will explain the electrical system of the heart, with specific focus on some of the more common disturbances, and the cutting edge medical advances to address them. In Atrial Fibrillation, the normal regular electrical impulses generated by the heart are overwhelmed by disorganized electrical impulses. AF may be treated with medications to either slow the heart rate to a normal range or to revert the heart rhythm back to normal. As well, synchronized electrical devices such as implantable pacemakers and defibrillators can be used to convert AF to a normal heart rhythm.

Dr. Dhruvakumar received her B.A. from Brown University, and her M.D. from the University of Massachusetts Medical Center. She has had extensive post-graduate training and fellowship appointments at the Hospital of the University of Pennsylvania, New York Presbyterian Hospital-Weill Cornell, and Beth Israel Deaconess Medical Center (Boston). Dr. Dhruvakumar resides in Riverside, and in her spare time she travels, cooks, and spends time with her daughter.

**RMA members and their guests should arrive by 9:45 AM for our full meeting. The general public should plan to arrive at 10:30 AM. Meetings are held at the First Presbyterian Church, Lafayette Place, Greenwich. No Charge and No Reservations are required. Questions about any of the above, call Bernard Schneider, 203-698-2558; [bgsesq@gmail.com](mailto:bgsesq@gmail.com).**