



UNDERSTANDING WPW & SVT

A SIMPLE GUIDE FOR PATIENTS & PARENTS

Most children with WPW or SVT live **normal, active and healthy** lives!

WHAT IS SVT?

SVT (Supraventricular Tachycardia) is a sudden episode where the heart beats much faster than normal because of a short circuit in the heart's electrical system.



WHAT IS WPW?

WPW (Wolff-Parkinson-White Syndrome) means your child is born with an extra electrical pathway in the heart (also called an accessory pathway) that can trigger SVT episodes.



COMMON SYMPTOMS

BABIES MAY HAVE:

- Poor feeding
- Fast breathing
- Fussiness
- Pale skin
- Sweating



OLDER CHILDREN & TEENS MAY HAVE:

- ✓ Racing heartbeat
- ✓ Chest pain
- ✓ Dizziness
- ✓ Shortness of breath
- ✓ Feeling anxious
- ✓ Passing out (rare)



WHEN TO SEEK EMERGENCY CARE

Go to the ER or call **emergency services** if your child has:

- Trouble breathing
- Severe chest pain
- Fainting
- Blue lips
- Extreme weakness
- Fast heartbeat that does not stop



WHAT CAN STOP AN SVT EPISODE?

Simple steps called **vagal maneuvers** can sometimes help slow the heart rate.



BLOW THROUGH A STRAW



BEAR DOWN (PRETEND TO PUSH)



ICE PACK TO THE FACE (INFANTS ONLY – UNDER MEDICAL GUIDANCE)

★ If these don't work or your child feels very unwell, seek medical care.

HOSPITAL TREATMENT

If vagal maneuvers don't work, doctors may use:



ADENOSINE
A medicine that can quickly stop SVT.



ELECTRICAL CARDIOVERSION
A quick reset for the heart in an emergency.



HEART RHYTHM MEDICINES
To help prevent future episodes.

WHAT IS CATHETER ABLATION?

A minimally invasive procedure that can permanently fix WPW in many patients.

1 Thin tubes (catheters) are placed through blood vessels.



2 Doctors find the extra pathway.



3 The extra pathway is safely removed.



★ **SUCCESS RATE: OVER 95%!**

CAN MY CHILD PLAY SPORTS?

Many children with WPW or SVT can still:



Exercise



Play sports



Attend school normally

Your cardiologist may recommend testing before competitive athletics.

TIPS FOR FAMILIES

- ✓ Keep follow-up appointments
- ✓ Learn how to check pulse/heart rate
- ✓ Encourage hydration
- ✓ Avoid excessive caffeine or energy drinks in teens
- ✓ Teach older children when to ask for help



THE GOOD NEWS!



- ♥ Most children do extremely well.
- ♥ Many are completely cured.
- ♥ Children with WPW/SVT often live healthy, active lives!

1478 W Elliot Rd, Suite 102
Gilbert, AZ 85233

480-855-1339

www.apcardio.com



Dr. Shabib Alhadheri, MD | Advanced Pediatric Cardiology | Dysautonomia Clinic

