

Atrial Fibrillation/Palpitation Resolved by Hidden Dental Problem

Success Story by P.F.

On May 31, 2014, I woke up early in the morning and felt strong heart palpitations while lying on my left side. I thought if I tried lying on my back, they might stop, but they didn't, so I turned to my right side and they continued. This went on for 20 minutes or so.

When I arose to use the bathroom, I almost fainted and was so incredibly weak that I barely made it to the bathroom and back to my bed. I knew something was wrong. I called my neighbor and she drove me to the ER.

It was determined that I was experiencing atrial fibrillations and that my blood pressure was too high. I don't remember the exact reading, but the upper number was over 180.

They admitted me into the hospital where I stayed for two nights and then submitted me to an electrocardiogram and a chemically induced stress test (chemically induced with a radioactive substance I might add—had I known in advance that they would be using a radioactive substance, I would have refused the test).

The cardiologist started me on a medicine called diltiazem, starting at 360 mg per day. I did not do well on this drug. It made me feel light-headed, dizzy, faint, and weak. I was unable to do anything except sit around all day as I was too weak to accomplish anything and standing made me feel light-headed.

I was also started on 81 mg of aspirin. I phoned my primary physician, a DO, went in to see him, and he lowered the dose to 240 mg per day. I still did not do well on the drug—same side effects. I purchased a Resperate which is a machine that helps control breathing in such a way to lower blood pressure. That helped relax me and I used it every day—some times more than once a day.

On June 15, I made another trip to the emergency room. I had taken the diltiazem at about 9 AM and about 40 minutes later, I got so weak, I had to lay down; I was literally gasping for breath. I was unable to get out of bed to get help—that's how weak I was.

I finally managed to get up after lying there for some time. I felt horrible. Called my neighbor and she took me to the ER once again. By the time we

arrived, the symptoms had pretty well resolved and I was feeling much better.

The ER doctor thinks that the drug caused my BP to drop quickly and dramatically, causing the unwanted symptoms. The hospital released me to go home and gave me a new medication, Metoprolol Succinate XL, 50 mg/day plus they increased the aspirin to 325 mg/day. The high aspirin dosage upset my stomach.

This time I started to take the drug at bedtime to try to avoid the side effects which seemed to last for 7 to 10 hours after ingesting the drug. I was not to take the new drug until Sunday night (the next night).

On June 16, I had a couple of more incidents where the A-fibs started up again. Back to the ER and readmitted to the hospital where I stayed overnight. Once I was stabilized, they sent me home. It took me time to get through the side effects from this drug, but by the afternoon, I felt a little better and was able to function, though minimally.

All in all, I made 4 trips to the emergency room of the hospital, two of which resulted in admissions. The heart symptoms lasted daily for almost a month.

Fortunately, for me, I have been a longtime advocate of holistic/alternative medicine and I currently see an MD in the St. Louis area who practices primarily this type of medicine—Dr. Simon Yu.

I went in to see Dr. Yu on June 11 to see if he could determine the cause of these heart symptoms (which I had NEVER had before, and I'm 73 years old). After doing an Acupuncture Meridian Assessment on me, he told me that the heart problems were probably related to a dental cavitation.

Dr. Yu and my biological dentist, Dr. Michael Rehme (who also knows about cavitations), referred me to an oral surgeon, Dr. Stewart Moreland, who understands what these are and how to treat them. I had the cavitation surgery on June 25 and I had a wisdom tooth extracted that Dr. Yu felt might be a problem as well.

To make a long story short, the cavitation surgery and the removal of the wisdom tooth did the trick. My blood pressure is back to normal (I check it frequently on a monitor I have at home) and I have had no further atrial fibrillations. I have been symptom-free for 8 months now and feeling better and better every day.

I am very grateful that I have access to doctors who understand situations beyond the knowledge of the conventional allopathic medical system. Had it not been for these doctors, I would still be experiencing the heart symptoms, be on what I consider to be dangerous blood pressure medications, and living a fearful life, not knowing what had caused my heart problem and wondering if I would succumb to a heart attack or stroke sometime in the future.

The problem, as I see it, is that for the most part, most doctors treat symptoms and “manage” illness, doing little or nothing to determine the cause of a problem. I am more interested in determining cause—getting to the root of a problem rather than having a disease “managed” with sometimes dangerous medicines to alleviate symptoms.

Thank you Doctors Yu, Rehme, and Moreland for being willing to go above and beyond! I am extremely grateful to all three men—obviously pioneers in medicine and dentistry.