

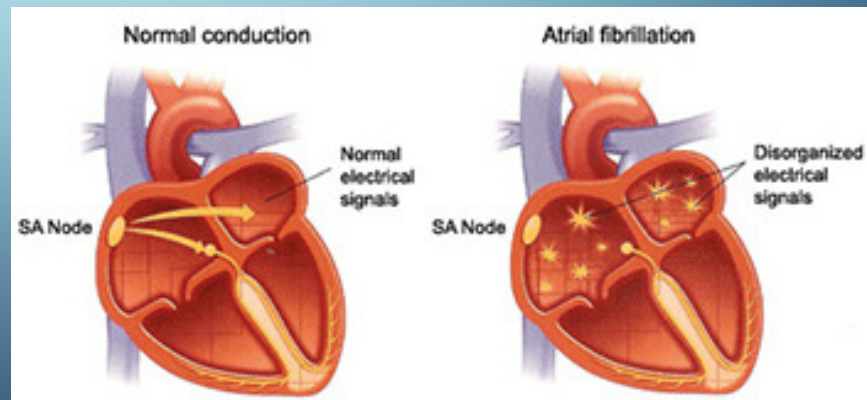


# WHAT IS ATRIAL FIBRILLATION?

WHAT YOU SHOULD KNOW

# ATRIAL FIBRILLATION

- Atrial fibrillation (or A-fib) is a problem with the rhythm of the heart, which causes the heart to beat quickly and irregularly.
- A-fib affects more than 3 million people in the U.S. and is the most common arrhythmia.

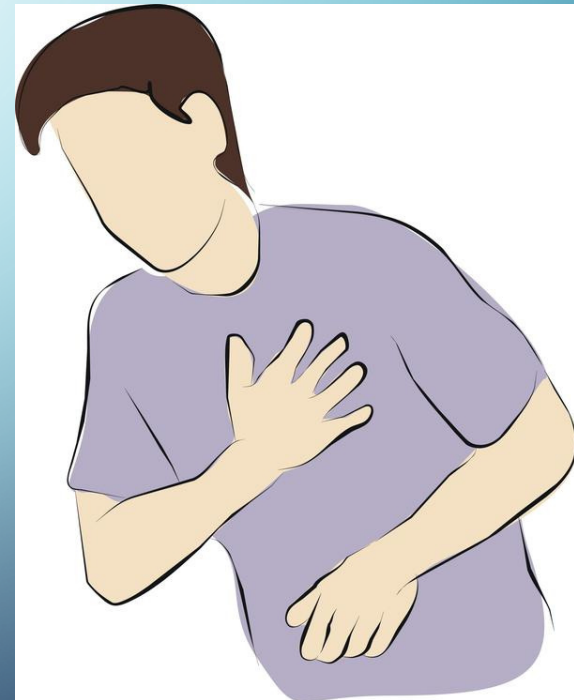


# WHAT ARE THE TYPES OF A-FIB?

- Paroxysmal A-fib
  - Comes and goes
  - Usually stops on its own
- Persistent A-fib
  - Lasts more than a week
  - Can become permanent
- Permanent
  - The rhythm cannot be restored to normal

## WHAT ARE THE SYMPTOMS?

- Fatigue
- Shortness of breath
- Dizziness or light headedness
- Palpitations (sensation of heart fluttering)
- Chest pain
- Sometimes nothing!





# ATRIAL FIBRILLATION AND STROKE RISK

- Having A-fib makes you up to 5 times more likely to have a stroke.
- Blood clots can form in the upper chamber of a poorly beating heart.
  - The clots can then break off and enter the bloodstream
  - Clots can then travel up the neck arteries to the brain, causing a stroke
- For patients with persistent or permanent A-fib, anticoagulation treatment with blood-thinning medications is essential to reduce the risk of stroke

# HOW IS A-FIB TREATED?

- Drugs that control heart rate
- Drugs that control heart rhythm
- Drugs that prevent clot formation in the heart
- Lifestyle changes
  - Healthy diet
  - Regular exercise
  - Smoking avoidance and/or cessation
  - Moderation of alcohol and caffeine intake