



What is Afib?

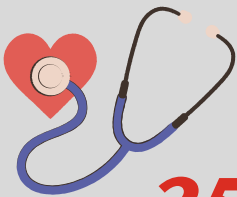
“The most common cardiac arrhythmia that reduces survival and increases the risk of stroke”

Healthy heart:

- Normal heart beat runs smoothly, with a resting heart rate between 60-100 beats per minute

Afib Heart:

- The signals in the upper chambers (atria) are chaotic, causing a fast and irregular heart rhythm. This causes the atria to tremble or shake.
- The heart rate may range from 100 to 175 beats a minute.



25-38%
OF THE AFIB
POPULATION IS
UNDIAGNOSED

AFIB PATIENTS
HAVE A
**FIVE TIMES HIGHER
STROKE RISK**

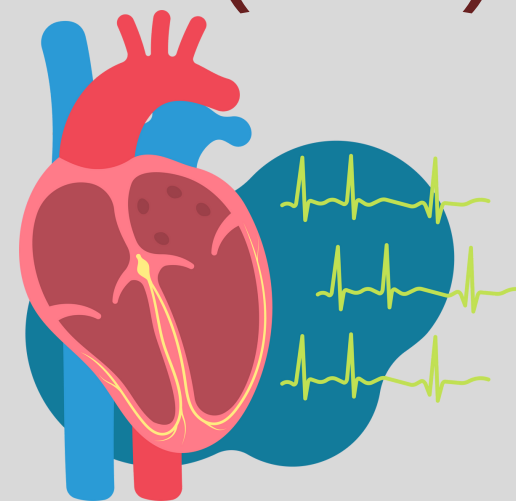
A cluster of red blood cells, symbolizing stroke risk.

BY THE
YEAR

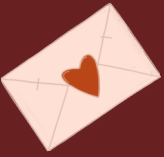


AN ESTIMATED
12 MILLION PEOPLE
WILL HAVE AFIB

ATRIAL FIBRILLATION (AFIB)



WHAT YOU NEED
TO KNOW
ABOUT AFIB



TAKE CARE OF YOUR HEART HEALTH

Preventive measures your physician recommends you take!

- Don't smoke or use tobacco
- Control high blood pressure, high cholesterol and diabetes
- Eat a diet that's low in salt and saturated fat
- Move your body for at least 30 minutes a day
- Get good sleep, 7- 9 hours daily
- Maintain a healthy weight
- Reduce and manage stress

WAYS TO DETERMINE IF YOU HAVE AFIB...



EKGs

BP machines

Smart watches

Cardiac monitors



SYMPTOMS

For many people, Afib may have no symptoms...

BUT CAN INCLUDE:

- Fast, fluttering or pounding heartbeat called palpitations
- Chest pain
- Dizziness
- Lightheadedness
- Reduced ability to exercise
- Shortness of breath
- Weakness

FATIGUE IS THE MOST COMMON SYMPTOM!!

References

-AHA GUIDELINE FOR THE DIAGNOSIS AND MANAGEMENT OF ATRIAL FIBRILLATION

-REVIEWED BY ELECTROPHYSIOLOGIST, DR. PAARI DOMINIC, MBBS, MPH

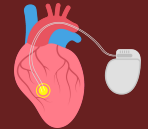
RISK FACTORS

- Older age
- Caffeine, nicotine, and some illegal drugs
- Drinking too much alcohol
- Obesity
- Family history
- Coronary artery disease, heart valve disease, history of heart attack or heart surgery
- High blood pressure, diabetes, chronic kidney disease, lung disease, sleep apnea, or thyroid disease
- Smoking or using tobacco

TREATMENT OPTIONS



Medications to control heart rate



Catheter Ablation



Cardioversion



Anti-arrhythmic drugs

+ ANTICOAGULATION!