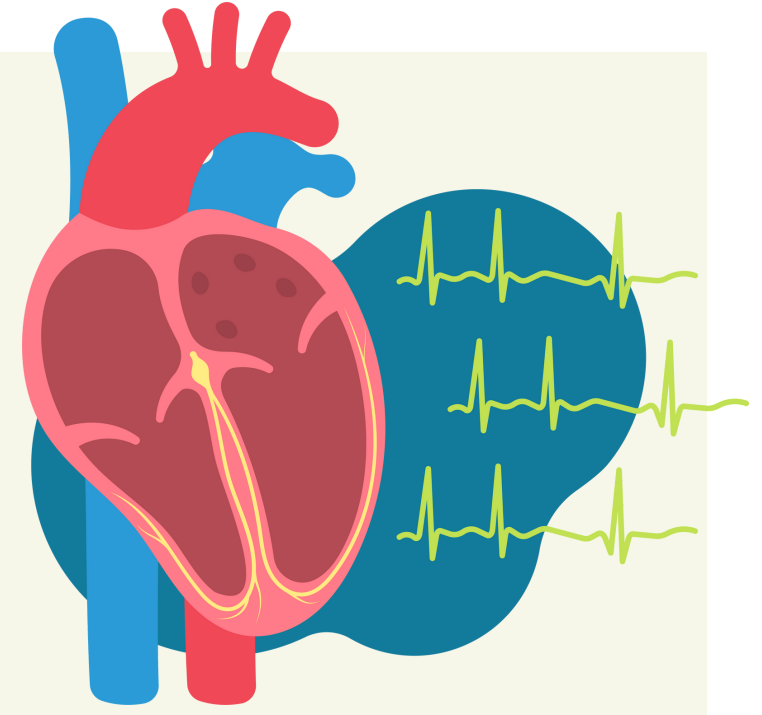


ATRIAL FIBRILLATION

"AFIB"

WHAT IS AFIB?

Atrial Fibrillation, often shortened to AFib, is when the heart beats irregularly. This can cause blood to pool, become sticky, and form a clot. If a blood clot forms, it can be pumped out of the heart and go to the brain causing a stroke. Afib can also cause the heart to beat too fast or too slow.



SYMPTOMS:

Some people do not have ANY symptoms. If symptoms are present, they may include:

- irregular heartbeat
- heart palpitations (rapid, fluttering, or pounding)
- lightheadedness
- Extreme fatigue
- shortness of breath
- chest pain

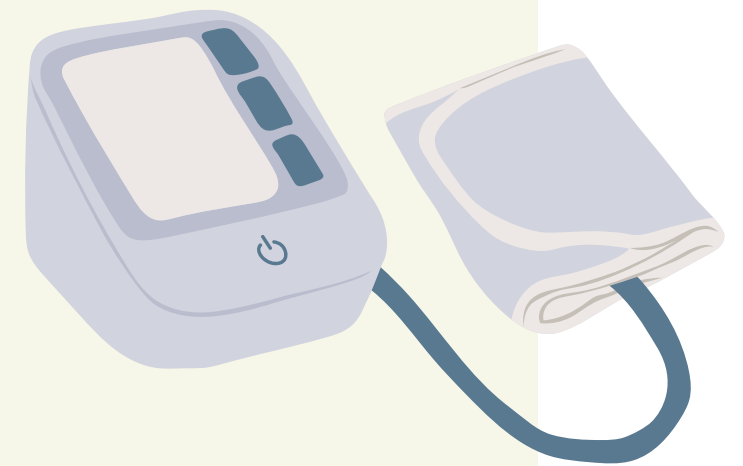


RISK FACTORS FOR AFIB:

The biggest risk factor is age, followed by high blood pressure.

Other:

- Obesity
- European ancestry
- Diabetes
- Heart failure
- Ischemic heart disease
- Hyperthyroidism
- Chronic Kidney Disease
- Moderate to heavy alcohol use
- Smoking



TREATMENT OPTIONS:

- Medicine to control the heart's rhythm and rate
- Blood thinning medicine to prevent blood clots from forming and reduce the risk of stroke
- Surgery
- Medicine and healthy lifestyle changes to decrease risk factors
- Rarely, Afib can go away on its own. More commonly it will recur or become permanent.



Source: <https://www.heart.org/en/health-topics/atrial-fibrillation>
https://www.cdc.gov/heartdisease/atrial_fibrillation.htm

Disclaimer: Med Ed Materials, 2023. This information is intended to supplement, not contradict, the medical advice of your practitioner. For questions or more info, contact your practitioner.

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