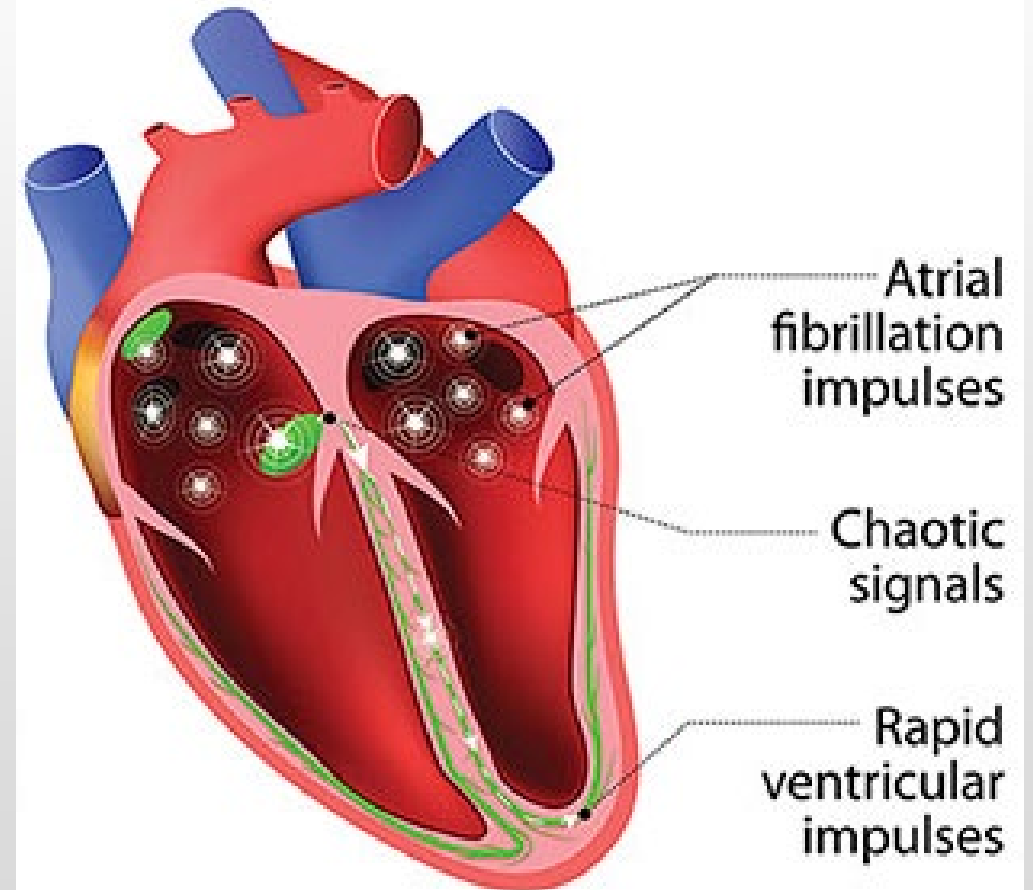




ATRIAL FIBRILLATION

ATRIAL FIBRILLATION: WHAT IS IT?

- Atrial fibrillation (also known as AFib) is the most common type of irregular heart arrhythmia.
- During an AFib attack, the electrical signals that tell the heart to start beating are out of order.
- This malfunction affects the two upper chambers of the heart (called atria) causing them to quiver.
- It also disrupts the blood flow into the lower chambers of the heart (ventricles) causing them to contract faster and beat in an irregular manner.



RISKS FOR DEVELOPING ATRIAL FIBRILLATION

The risk for developing AFib increases with age and in those who smoke or have moderate to heavy alcohol use.



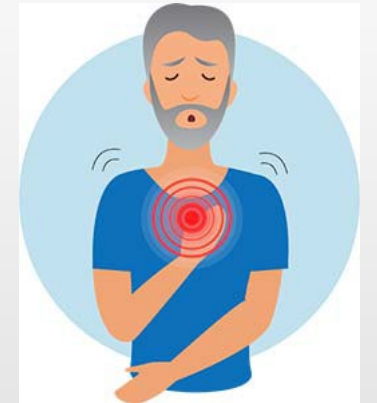
Other risk factors include:

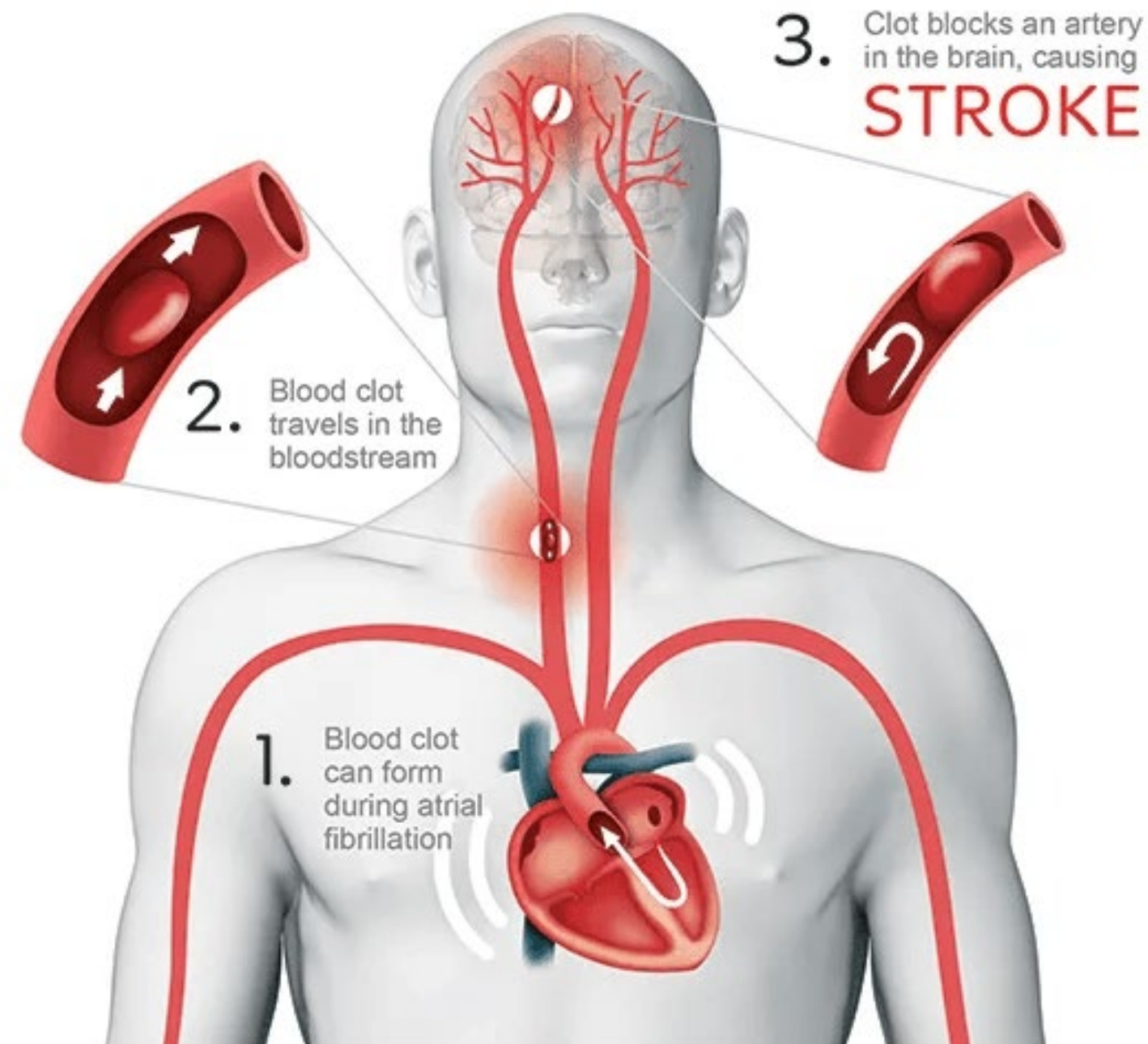
- High blood pressure
- Obesity
- Diabetes
- Heart Failure
- Sleep Apnea
- Thyroid disease (hyperthyroidism)
- Kidney disease
- Heart disease

SYMPTOMS OF ATRIAL FIBRILLATION



- Quivering or fluttering heartbeat, irregular heartbeat
- Chest discomfort, shortness of breath, sweating
- Dizziness, weakness, fainting
- Confusion, anxiety, fatigue





CONSEQUENCES OF ATRIAL FIBRILLATION

Atrial fibrillation can cause blood to pool in the heart, leading to blood clots which can then travel to the brain and cause a stroke.

Atrial fibrillation can worsen other heart conditions.

TREATMENT



- Medications for heart rate and rhythm
- Anticoagulant medications that can prevent blood clots and thus reduce risk of stroke

**Electrophysiology treatments
or surgery**

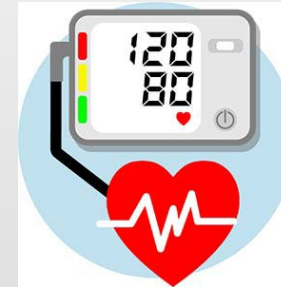


Lifestyle changes (diet and exercise)

REDUCING RISK



- Consume a heart healthy diet
- Maintain a healthy weight
- Regular exercise
- Manage blood pressure
- Manage stress
- Avoid smoking
- Limit alcohol and caffeine intake



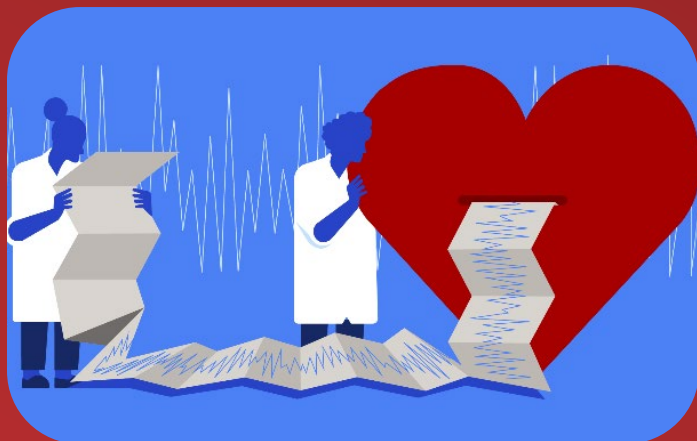
AFIB



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Jean Justad, MD
Medical Director, DDP
2024