

## Calculate Your risk of stroke

### CHA<sub>2</sub>DS<sub>2</sub>VASc (0-9)

Risk Criteria	Score
C (Congestive Heart Failure)	1
H (Hypertension)	1
A <sub>2</sub> (Age ≥ 75 years)	2
D (Diabetes Mellitus)	1
S <sub>2</sub> (Prior Stroke or TIA)	2
V (Vascular dz: prior MI, PAD, aortic plaque)	1
A (Age 65-74 years)	1
Sc (Sex category: female sex/gender)	1

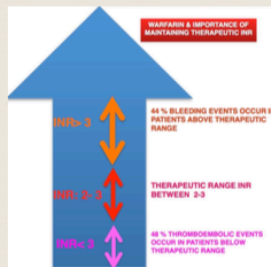
> 1 consider Anticoagulation , > 2 Recommended

## Calculate your bleeding

### HAS BLED SCORE : BLEEDING RISK

Clinical characteristic	Points
H Hypertension	1
A Abnormal renal and liver function (1 point each)	1 or 2
S Stroke	1
B Bleeding	1
L Labile INRs	1
E Elderly (e.g. age >65 years)	1
D Drugs or alcohol (1 point each)	1 or 2
	Maximum 9 points

## INR is a measure of anticoagulation



**Not able to maintain INR: Do not worry: New Drugs & treatments are there to live free & fearlessly**

## ANTICOAGULATION & STROKE HELPLINE



Arrhythmia support network & associated atrial fibrillation support network & Rhythm clinic are first of its kind initiative in India. We are dedicated to helping & educating people & saving lives. Any one can post his queries, ECG to our helpline portals & INR if on warfarin for Anticoagulation helpline.

### HEART RHYTHM CLINIC



For appointment : Call +91 8800492549

[pulseislife@gmail.com](mailto:pulseislife@gmail.com)

[www.arrythmiasupport.com](http://www.arrythmiasupport.com)



### Dr Rohit Walia

MD,DNB,DM- Cardiology

Fellowship: Electrophysiology & Devices

Fellowship-Advanced Electrophysiology (Taiwan, USA, Germany)

## ANTICOAGULATION

### ARE JUST NOT SIMPLE PILLS

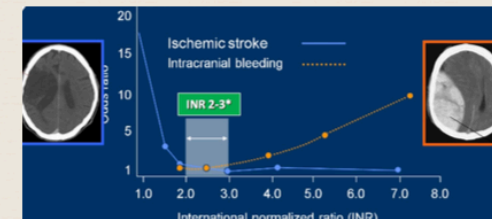
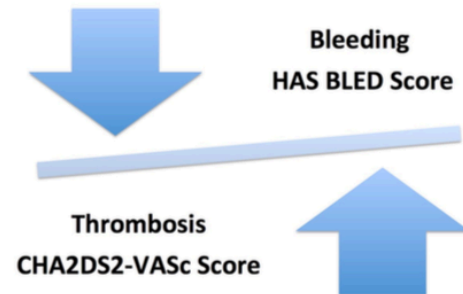


Drugs which help to thin the blood, and reduce the risk of blood

Of those people who suffer from an AF related stroke, it can lead to persistent disability in **three out of five** people and even death for **one in five**.



### ANTICOAGULATION : TWO EDGED SWORD

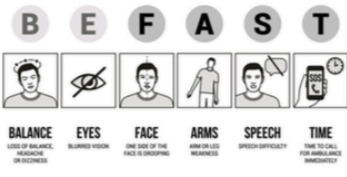


# STOP AFIB TO STOP STROKE



## SPOT A STROKE

IF YOU FIND FOLLOWING WARNING SIGNS ACT FAST



Atrial fibrillation is a dangerous medical condition present in 2% of the global population and accounting for up to seven million strokes per year. Life after stroke can be worse than death and huge emotional and financial burden for family and society. Around 70% of strokes due to atrial fibrillation could be avoided with pre-emptive medication. **We are running a public awareness campaign to learn to prevent stroke & recognise it at earliest . Delay in recognition & treatment of stroke leads to permanent disabilities . Lost Time Is Never Found Again So Act Fast**

## OUNCE OF PREVENTION IS BETTER THAN POUND OF CURE

**Atrial fibrillation(AF) affects millions of people in India. One in four people will develop AF over lifetime. Every 15 seconds someone suffers an AF-related stroke.Life after a stroke can be worse than death..We launch India's first dedicated & advanced AF clinics to STOP & DEFEAT AF &LIVE FEARLESSLY.**

### ATRIAL FIBRILLATION CLINIC :

Symptomatic drug refractory AFib patients generally undergo catheter ablation. The ablation procedure is considered a 'complex' procedure and is performed only by highly skilled specialists. Presently not being done in > 99% of cardiac centers in India. The RHYTHM clinic specialises in catheter ablation of paroxysmal & persistent A-Fib with all types of therapies available



Cardioversion

Pulmonary vein isolation

### LEFT ATRIAL APPENDAGE OCCLUSION :

AFib poses increased risk of clotting in heart due to quivering of heart upper chamber & stagnation of blood. Anticoagulation or blood thinners are given to prevent formation of these clots which can embolize to brain vessel to cause Brain attack or Stroke. Those who are at high risk of bleeding or intolerant to anticoagulation receive left atrial appendage occlusion device

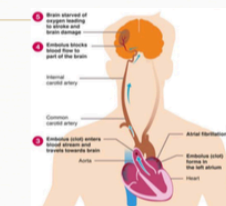


Left atrial appendage

Left atrial appendage

### STROKE HELPLINE :

A medical condition which is now referred to as a "brain attack" where the brain is deprived of oxygen. Blockage of blood flow can be created when a blood clot breaks free, travels through the circulatory system and gets lodged in blood vessel long enough to cause a section of the brain to die. Immediately after stroke in first 6 hours we can thrombolysate or do emergency interventions to clear blocked artery.



AFib & embolisation causing stroke



AFib Support network