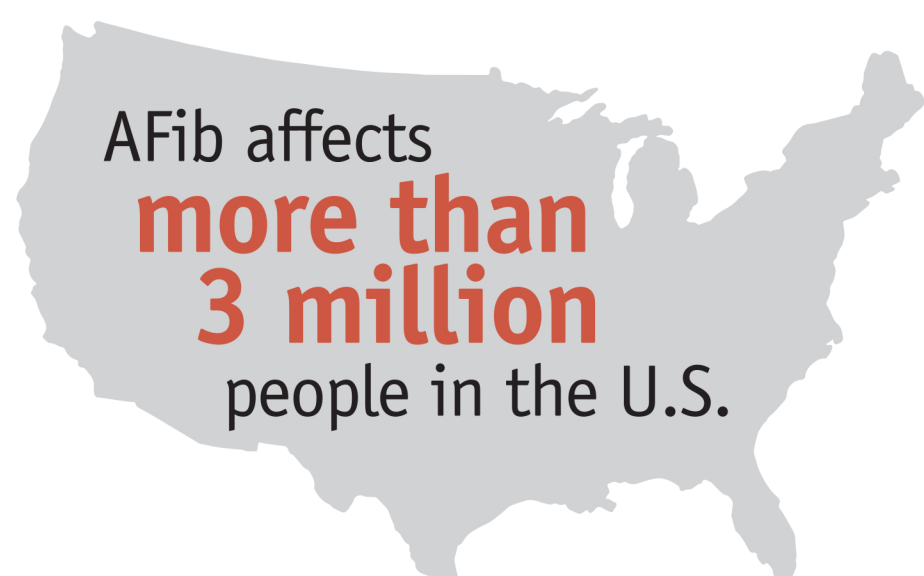
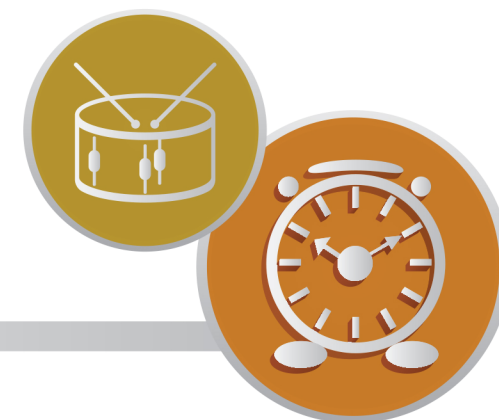


What is ATRIAL FIBRILLATION?

▶ Atrial Fibrillation (AFib) is a **PROBLEM** with the **RATE OR RHYTHM** of the heartbeat, causing the heart to beat quickly and irregularly.



▶ The Types of AFib

PAROXYSMAL

- Comes and goes
- Usually stops on its own

PERSISTENT

- Lasts > 1 week
- Can become permanent

PERMANENT

- Heart cannot be restored to normal rhythm

What are the SYMPTOMS?



Fatigue



Shortness of breath



Dizziness or light-headedness



Palpitations



Chest pain



Nothing

How is it TREATED?



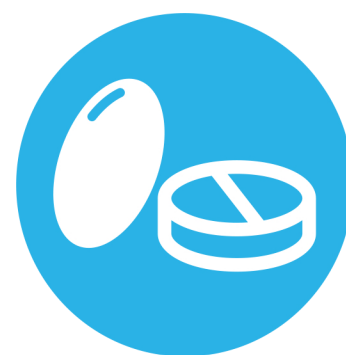
RATE CONTROL

Treatment to make sure the heart doesn't beat too quickly during AFib.



RHYTHM CONTROL

Treatment to restore the heart's rhythm to a normal state, and keep it there.



ANTICOAGULATION MEDICATION

(Blood Thinners) to reduce stroke risk.



LIFESTYLE CHANGES

Get regular exercise, eat a heart-healthy diet, don't smoke, watch alcohol and caffeine intake.

Information provided for educational purposes only. Please consult your health care provider regarding your specific health needs.

▶ For more information, visit **CardioSmart.org/AFib**