

Atrial Fibrillation

Atrial Fibrillation (AF or AFib) is an irregular heartbeat that can lead to and increase your risk of stroke, heart failure and other heart related complication.

5X



AFib is linked with a 5x higher risk of stroke.

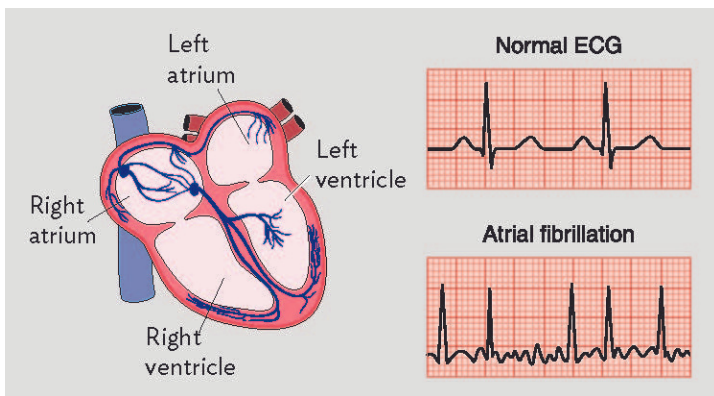
Talk to your doctor to learn more about different treatments.²

It is the most common type of heart arrhythmia.¹

COMMON SYMPTOMS

- Do you experience heart palpitations (fast heart rate)?
- Do you have trouble breathing or feel short of breath?
- Do you feel dizzy or light-headed?
- Do you experience fatigue?
- Do you experience weakness?
- Do you have difficulty completing tasks that were once easy, like mowing the lawn or walking short distances?

Atrial Fibrillation³



PREVENTION

There are ways to reduce your risk of complications with AFib by maintaining a heart-healthy lifestyle

- Eat a heart-healthy lifestyle
- Exercise regularly
- Maintain a healthy weight
- Quit Smoking
- Keep cholesterol and blood pressure levels under control

1. https://www.cdc.gov/heartdisease/atrial_fibrillation.htm

2. <https://www.heart.org/-/media/files/health-topics/atrial-fibrillation/afib-are-you-at-risk-checklist>

3. <https://www.unitypoint.org/cedarrapids/default.aspx>

4. <https://www.mayoclinic.org/diseases-conditions/atrial-fibrillation/symptoms-causes/syc-20350624>

