Atrial fibrillation (also called AFib or AF) is one of the most common types of irregular heartbeat, or arrhythmia. It can increase the risk of blood clots, heart failure and stroke. It occurs when the beating in the upper chambers of the heart (atria) is irregular, and the upper chambers and the lower chambers (ventricles) are no longer coordinated. This can cause blood to flow inefficiently through the heart, increasing the risk of clot formation.

**Sources:** Arrhythmia Alliance; IHME, Global Burden of Disease; JAMA Network; Mayo Clinic.

### TYPES OF AF

- **Paroxysmal**
  - Comes and goes
  - Usually stops on its own but may require occasional treatment

- **Persistent**
  - Irregular heartbeat lasts for more than a week
  - Normal heart rhythm can be restored through treatment and medications

- **Permanent**
  - Regular heart rhythm can’t be restored
  - Medications are needed to control the heart rate and prevent blood clots

### RISK FACTORS

**Other risk factors include:**
- Diabetes
- High blood pressure
- Excessive alcohol intake
- Stress
- Smoking
- Obesity
- Old age
- Family history of AF
- Heart failure and other cardiovascular conditions
- Thyroid disorders
- Medicines to control the heart’s rhythm and rate
- Blood-thinning medicine to prevent blood clots from forming
- Invasive procedures such as catheter ablation
- Healthy lifestyle to control and manage AF risk factors

### TREATMENT & PREVENTION

Treatment for atrial fibrillation may include:
- Blood-thinning medicine to prevent blood clots from forming
- Invasive procedures such as catheter ablation
- Healthy lifestyle to control and manage AF risk factors

### EARLY DETECTION

The most serious consequences of AF can be prevented by detecting AF early.

- If your doctor suspects an AF diagnosis, they will perform a physical exam, including a resting or stress electrocardiogram (ECG) to check the heart rate and rhythm.
- Other devices, such as watches that incorporate implantable ECG monitors, have the ability to record and store ECG readings over longer periods, which can improve AF diagnosis.

### AF AFFECTS

- 60M people worldwide
- 1 in 10 people over 60
- 5X more likely to suffer a stroke

### SIGNS & SYMPTOMS

- Dizziness/Lightheadedness
- Palpitations/Fluttering/Racing Heart
- Chest Pain
- Early detection and appropriate treatment of AF are important to prevent disease progression

### OTHER RISK FACTORS INCLUDE:

- Diabetes
- High blood pressure
- Excessive alcohol intake
- Stress
- Smoking
- Obesity
- Old age
- Family history of AF
- Heart failure and other cardiovascular conditions
- Thyroid disorders
- Medicines to control the heart’s rhythm and rate
- Blood-thinning medicine to prevent blood clots from forming
- Invasive procedures such as catheter ablation
- Healthy lifestyle to control and manage AF risk factors

AF can have no symptoms and therefore frequently goes undiagnosed.

**AF AFFECTS**

**SOURCES:** American Heart Association; World Heart Federation; Mayo Clinic.