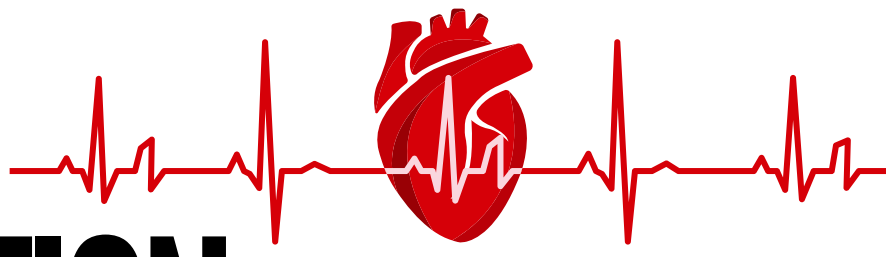


# ATRIAL FIBRILLATION



**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.

## AF AFFECTS

**60M**  
people  
worldwide



**1 IN 10**  
people  
over 80



People with AF are



**5X**

more likely to  
suffer a stroke

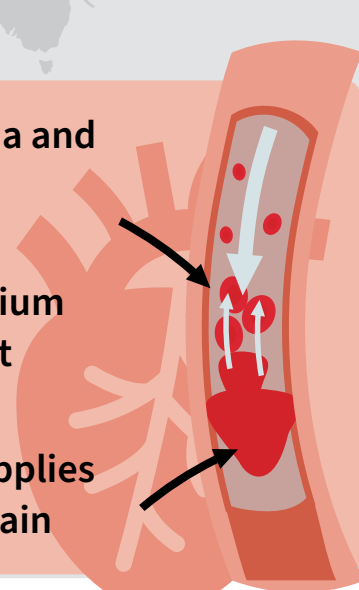
Blood pools in the heart's atria and forms blood clots



Blood clots from the left atrium break free from the heart



They block the artery that supplies blood and oxygen to the brain



## 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

Early detection and appropriate treatment of AF are important to prevent disease progression

## SIGNS & SYMPTOMS

Fatigue/  
shortness of  
breath



Dizziness/  
Lightheadedness



Palpitations/  
Fluttering/Racing  
Heart



Chest Pain



AF can have no symptoms and therefore frequently goes undiagnosed

## RISK FACTORS

AF has several modifiable risk factors in common with other cardiovascular conditions



Diabetes



High blood pressure



Excessive alcohol  
intake



Stress



Smoking



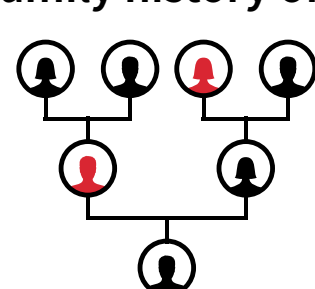
Obesity

### OTHER RISK FACTORS INCLUDE:



Old age

Family history of AF



Heart failure and other cardiovascular conditions



Thyroid disorders



## TREATMENT & PREVENTION

Treatment for atrial fibrillation may include

**Medicines** to control the heart's rhythm and rate



**Blood-thinning medicine** to prevent blood clots from forming



**Invasive treatment** e.g. catheter ablation



**Healthy lifestyle changes** to manage AF risk factors



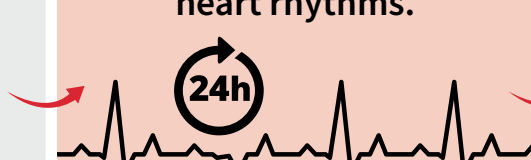
## EARLY DETECTION

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 of the heart rate and rhythm.



If nothing is found and AF is suspected, your doctor may prescribe a 24/48-hour ECG to help detect irregular heart rhythms.



Other devices, such as external or implantable ECG monitors, have the ability to record and store ECG readings over longer time periods, which can improve AF diagnosis.



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