Atrial Fibrillation Medications That Slow the Heart Rate



Atrial fibrillation, or AFib, is the most common heart rhythm problem (arrhythmia). Medications, along with lifestyle changes, play a vital role in managing AFib.

Medications can:

Keep the heart from beating too fast (rate control medications)



Get the heart back to a normal rhythm and help keep it there (rhythm control medications)

and

Help prevent a stroke,

which is more common with AFib (anticoagulants or blood thinners)

Rate control medications are often used to treat AFib

Examples include:

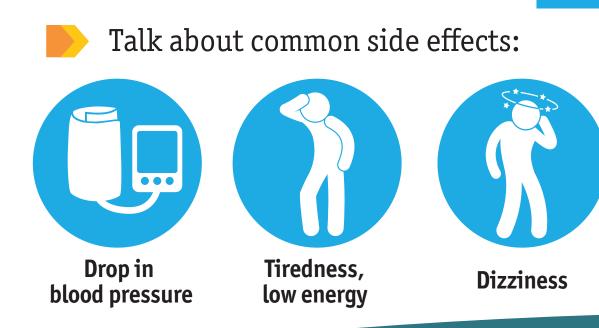
- Beta blockers (like metoprolol or carvedilol)
- Calcium channel blockers (like diltiazem or verapamil)

Rate control medications slow the speed of the heart's beats. They've been around for a long time and are generally safe.

• Digoxin, in some cases

- These medications also are used to treat other heart conditions.
- Sometimes, these drugs aren't enough to control AFib.
- In some cases, taking both a rate and rhythm control medicine might be needed.

Things to keep in mind



Finding the right medicine and dose (amount) often takes some time, so stick with it.

Make a plan to monitor your heart rate and ask what your rate should be.

Ask questions and always share concerns with your care team.

Visit *CardioSmart.org/AFib* to learn more.

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