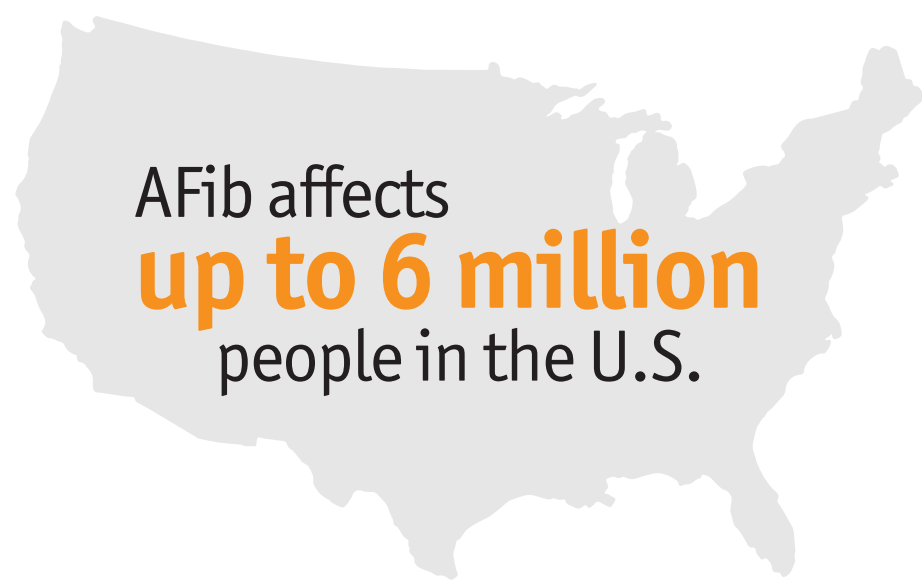


## What is AFib?

Atrial fibrillation, also called AFib, is a **problem** with the **heart's rhythm**. The heart beats at irregular, or offbeat, times.



### Types of AFib

#### Paroxysmal

- Comes and goes
- Usually stops on its own

#### Persistent

- Lasts over 1 week or can be ongoing

#### Permanent

- Heart cannot be restored to a normal rhythm

Finding and treating AFib early is important. The longer someone is in AFib, the harder it is to treat.

## What are the symptoms?



Fatigue



Shortness of breath



Dizziness or light-headedness



Palpitations



Chest pain



No symptoms

## How is it treated?



### Control rate

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



### Reset rhythm

Restore the heart's rhythm to a normal state with medications or a procedure.



### Lower the chance of a stroke

Take blood thinners or, in some cases, place a device in the heart.



### Adopt healthy habits

Get regular exercise, stay at a healthy weight, don't smoke, limit alcohol intake.

visit [CardioSmart.org/AFib](https://www.cardiosmart.org/AFib) to learn more.

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