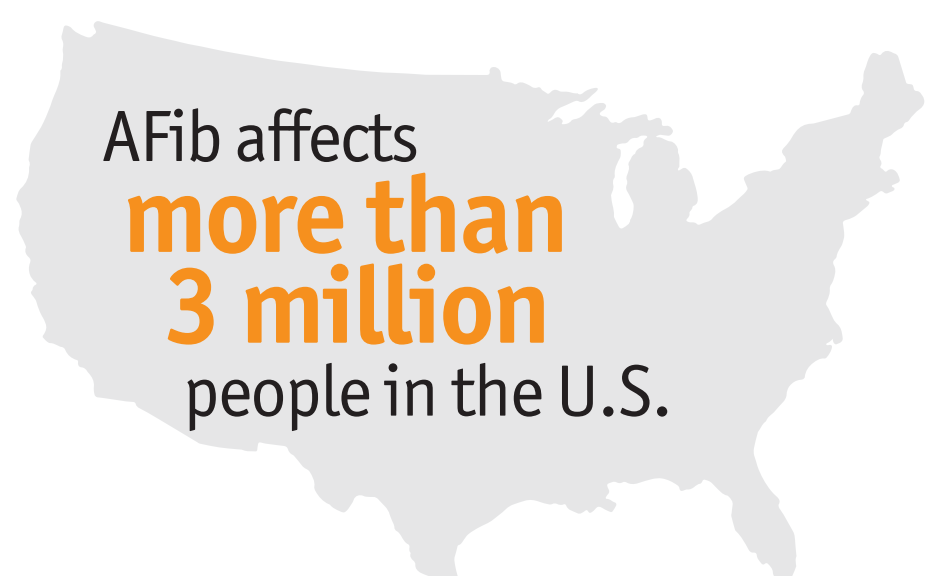


## What is AFib?

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
- Can become permanent

#### PERMANENT

- Heart cannot be restored to normal rhythm

## What are the SYMPTOMS?



Fatigue



Shortness of breath



Dizziness or light-headedness



Palpitations



Chest pain



Nothing

## How is it TREATED?



#### CONTROL RATE

Make sure the heart doesn't beat too quickly during AFib.



#### RESET RHYTHM

Restore the heart's rhythm to a normal state and keep it there.



#### PREVENT STROKE

Take blood thinners or, in some cases, place a device in the heart to lower stroke risk.



#### ADOPT HEALTHY HABITS

Get regular exercise, eat a heart-healthy diet, don't smoke, limit alcohol intake.

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

 @ACCinTouch #CardioSmart