What is ATRIAL FIBRILLATION?

Atrial Fibrillation (AFib) is a **PROBLEM** with the **RATE** OR **RHYTHM** of the heartbeat, causing the heart to beat quickly and irregularly.

AFib affects **more than 3 million** people in the U.S.

The Types of AFib

- **PAROXYSMAL**
  - Comes and goes
  - Usually stops on its own

- **PERSISTENT**
  - Lasts > 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?**

- **RATE CONTROL**
  - Treatment to make sure the heart doesn’t beat too quickly during AFib.

- **RHYTHM CONTROL**
  - Treatment to restore the heart’s rhythm to a normal state, and keep it there.

- **ANTICOAGULATION MEDICATION**
  - (Blood Thinners) to reduce stroke risk.

- **LIFESTYLE CHANGES**
  - Get regular exercise, eat a heart-healthy diet, don’t smoke, watch alcohol and caffeine intake.

For more information, visit [CardioSmart.org/AFib](http://CardioSmart.org/AFib)