



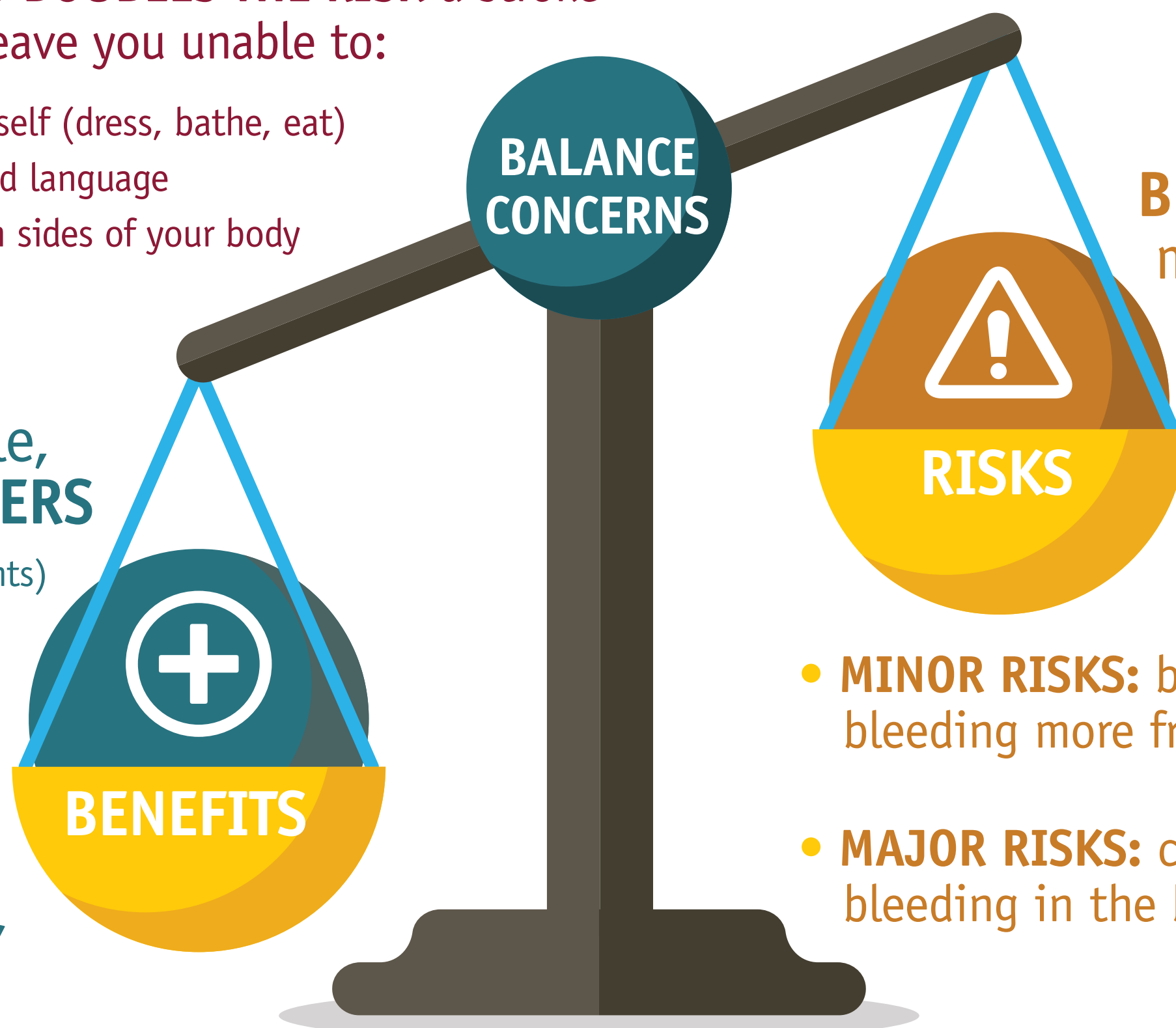
Atrial fibrillation (AFib) can lead to **BLOOD CLOTS** inside your heart. These clots can travel to your brain and **CAUSE A STROKE**.



If you have AFib, you are **5X MORE LIKELY TO HAVE A STROKE**. It also **DOUBLES THE RISK** a stroke may leave you unable to:

- Take care of yourself (dress, bathe, eat)
- Talk or understand language
- Move one or both sides of your body

UNDERSTAND THE RISKS



BLOOD THINNERS make **BLEEDING MORE LIKELY**

For most people, **BLOOD THINNERS** (also called anticoagulants)

- **LOWER THE RISK** of stroke
- **REDUCE** the blood's **ABILITY TO CLOT**

- **MINOR RISKS:** bruising more easily, bleeding more from a cut
- **MAJOR RISKS:** coughing up blood, bleeding in the brain

The **BENEFIT** of preventing stroke often **OUTWEIGHS** bleeding **RISK**, and bleeding usually can be stopped.

WHAT CAN YOU DO?



1 **KNOW & WEIGH YOUR RISKS** of stroke and bleeding



2 **PARTNER** with your **CARE TEAM**



3 Use a **DECISION GUIDE** to help you learn more about blood thinners for AFib, such as CardioSmart.org/SDMAFib

Information provided for educational purposes only. Please consult your health care provider about your specific health needs.

▶ For more information, visit CardioSmart.org/BloodThinners