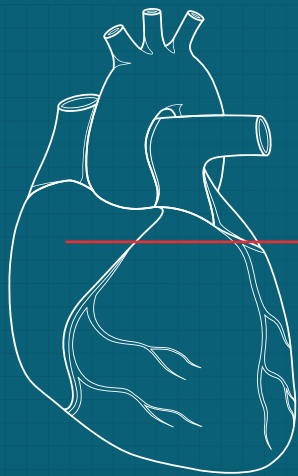




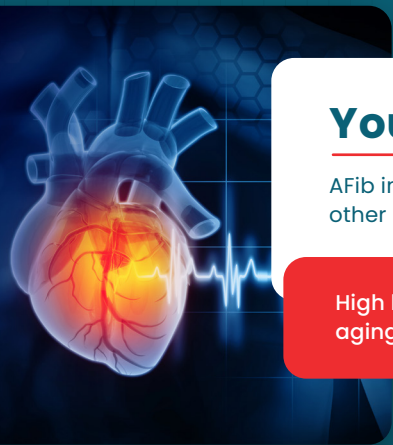
Atrial Fibrillation

IN 60 SECONDS



What is AFib?

Atrial Fibrillation (AFib) is an irregular heart rhythm that starts in the upper chamber of the heart.



Your Risk



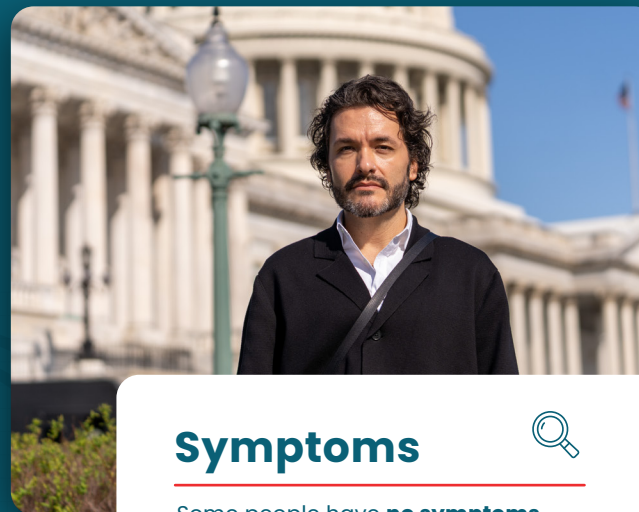
AFib increases your risk of **stroke** and other heart problems like **heart failure**.

High blood pressure, sleep apnea, diabetes, aging and smoking increase your risk of AFib.

Treatment

AFib can be often treated to reduce symptoms and help protect against stroke and other complications.

- Medication
- Surgery
- Procedures
- Lifestyle changes



Symptoms



Some people have **no symptoms**.

Others may experience:

- Fluttering or racing heartbeat
- Shortness of breath
- Dizziness or fainting
- Fatigue



Know Your Pulse™

What is **normal for you**.

- ♥ **FEEL** for your pulse in your wrist
- ♥ **COUNT** the beats for 30 seconds **x2**
- ♥ **ACT** if your pulse is not normal by speaking to your doctor

