



Atrial Fibrillation is the most common type of heart arrhythmia

AFib Facts:

- An estimated 6.1 million people in U.S. have AFib.
- 750,000 hospital visits occur each year due to AFib.
- 9% of people aged 65 years or older have AFib.
- AFib costs the U.S. about \$6 billion each year.
- People with AFib have a 5 times higher risk of stroke.

What is Atrial Fibrillation?

AFib is a type of irregular or abnormal heart beat, also known as an arrhythmia. In AFib, the upper chambers of the heart, called the atria, beat abnormally.

When a person has AFib, the heart cannot pump blood normally, which may lead to blood clots and less oxygen delivered throughout the body.

AFib can occur as temporary, small episodes or be a permanent condition. If left untreated AFib can lead to serious complications such as stroke and/or heart failure.

What are the symptoms?

AFib symptoms vary between individuals, and occasionally no symptoms are expressed. More common symptoms include:

- Rapid or pounding heartbeat
- Fatigue or tiring more easily
- Dizziness or lightheadedness
- Chest pain or discomfort
- Shortness of breath

If you experience these symptoms, your doctor can do a test to measure the electrical signals of your heart using an electrocardiogram (ECG or EKG).

For more information on AFib, visit:
www.americanheart.org

Types of AFib

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Paroxysmal AFib

Paroxysmal AFib usually stops on its own within 7 days without medical treatment.

Symptoms may occur daily or a few times a year.

Persistent AFib

Persistent AFib does not resolve by itself within 7 days.

This type of AFib requires medical treatment in order to restore the heart to a normal heart rate or rhythm.

Permanent AFib

Permanent AFib lasts for more than one year despite the use of medications and procedures.

Treatment options may vary, but even if your heart remains in AFib, medications can be used to control how quickly your heart beats.

Treatment options for AFib

Treatment for AFib can include:

- Medications that affect the rhythm of your heart.
- Medications that affect how quickly your heart beats.
- Electrocardioversion - an electric shock to put your heart back in to a normal rhythm.
- Ablation - a surgery to change the electrical signal in the heart causing the arrhythmia.
- Placing a pacemaker to control how fast the heart beats.
- Blood thinning medications to prevent blood clots and reduce the risk of stroke.

Risk factors for AFib:

- Advanced age
- High blood pressure
- Coronary artery disease (CAD)
- Heart defects
- Heart failure
- Obesity
- Diabetes
- Chronic lung disease
- Heavy alcohol use
- Sleep apnea
- Family history



EMI Health and Veridicus Health care about your health and well-being. If you have healthcare questions, contact our team of registered nurses, mental health professionals, clinical pharmacists, and wellness coaches.

Please contact us at 855-586-2568.

We are available Monday through Friday, 8:00 a.m. to 5:00 p.m. MT.

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References available upon request