

Stroke Risk for Patients with Atrial Fibrillation

Fast Facts for Patients

What is Atrial Fibrillation?

Atrial Fibrillation (AFib) is an irregular heartbeat. It causes the heart to beat rapidly in an uncontrolled manner. This can cause unwanted blood to remain in the heart after each contraction.

Managing your condition

Talk with your doctor about your condition and what treatment options are right for you. Medications, such as blood thinners, are often prescribed to prevent and treat blood clots. Heart rhythm can be difficult to control.

Medication examples:

- Aspirin
- Warfarin
- Dabigatran
- Rivaroxaban

The longer you have untreated AFib, the less likely it is that normal rhythm can be reestablished. Additional medications may be prescribed to control heart rate and rhythm.

Blood thinners and heart rhythm medications may also be used in conjunction with other treatments such as: *electrical cardioversion, ablation, and pacemakers.*

Your doctor will help you choose the best option for you.



In addition to treatment, there are some things you can do yourself to improve your AFib.

- Increase Physical Activity
- Maintain a Healthy Weight
- Control High Blood Pressure
- Eat a Heart-Healthy Diet
- Quit Smoking

