

# AFIB AND STROKE

## UNDERSTANDING ATRIAL FIBRILLATION (AFib)

As someone diagnosed with AFib, it's important to understand not only your condition, but also the associated risks. This handout has been designed to help you:

- Understand what AFib is
- Learn about the associated increased risk of stroke with AFib
- Discuss treatment options with your healthcare professional
- Discuss AFib with your family and friends

### What is AFib and how does it relate to stroke?

AFib is a type of irregular heartbeat. It is caused when the two upper chambers of the heart (atria) beat unpredictably and sometimes rapidly.

### Who is most likely to have AFib?

You are not alone. Nearly 3 million people in the U.S. have AFib. While it can occur at any age, AFib is more common in older people. About 5 percent of people 65 years and older and one in every 10 people over the age of 80 have AFib. AFib is more common in people with high blood pressure, heart disease or diabetes.

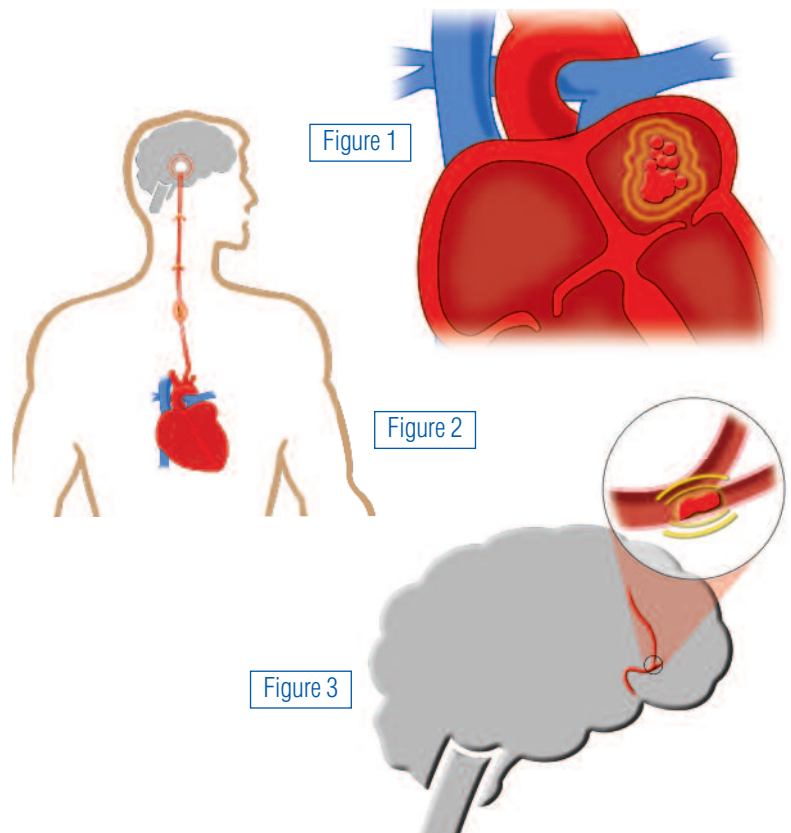
### What are the symptoms?

Often, AFib has no obvious symptoms. Some people with AFib describe fluttering, racing or pounding sensations in their chests. Others may only experience episodes of dizziness, fainting or light headedness. Anyone with these symptoms should visit a healthcare professional to be evaluated for AFib.



## UNDERSTANDING A STROKE

When you have AFib, blood pools in the atria of the heart and clots may form [Figure 1]. These clots may then be carried to the brain, causing a stroke [Figures 2-3]. With proper treatment, the risks of stroke can be reduced.



**PEOPLE WITH AFIB ARE FIVE TIMES MORE LIKELY TO HAVE A STROKE.**

### AFib-related stroke

AFib is a major risk factor for stroke. A person with AFib is **five times more likely** than a person without AFib to have a stroke. However, people who have been diagnosed with AFib can reduce the risk of experiencing an AFib-related stroke. Some patients do not experience AFib symptoms. Therefore it is important to understand stroke symptoms, what to do if you have stroke symptoms and what treatments are available.

Source: National Stroke Association  
[www.stroke.org/afib-stroke](http://www.stroke.org/afib-stroke)

## MY MEDICATIONS

Medication Name

Dosage

Medication Name	Dosage

## MY HEALTHCARE TEAM

Name

Phone Number

Name	Phone Number

Questions for my next visit

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