

ATYPICAL OR AFIB?

Many people experience unexpected heart sensations. While an irregular heartbeat can be alarming, it doesn't always mean that you need to worry. Here's how to tell when what you're feeling is normal, and when it might be atrial fibrillation.

You're not alone! More than 3 million people have atrial fibrillation.

Symptoms of Atrial Fibrillation



Fluttering
in your
chest



Racing
heartbeat



Skipped
heartbeat



Shortness
of breath



Extra
heartbeat



Fatigue



Light-
headedness

**SOME
PEOPLE
have no
systems
at all**

Treatment Options for Atrial Fibrillation



LIFESTYLE CHANGES

Eat a healthy diet, exercise, don't smoke and avoid excessive alcohol intake.



HEART RHYTHM CONTROL

Medications and cardioversion can help keep your heart from beating too quickly.



BLOOD THINNERS

Anticoagulation medication can reduce your risk for a stroke.



CATHETER ABLATION

A minimally invasive technique to eliminate abnormal heart tissue responsible for an arrhythmia.

*Talk to your
doctor if:*

- + The feelings you are having are new
- + Your heart rate is very fast or very slow
- + You have trouble with bleeding while on a blood thinner
- + You have stroke symptoms