



# MANY OF YOUR PATIENTS ARE AT A HIGH RISK FOR AFIB & STROKE

## HOW CAN YOU HELP?

- Discuss risk factors with your patients
- Assess patients for presence of symptoms that could be attributed to AFib
- Complete a radial pulse check
- Perform a cardiac auscultation
- Obtain an EKG or rhythm strip
- Ensure you have a full health history, including previous TIA/CVA and PFO/ASD
- Use a visual tool (CHA<sub>2</sub>DS<sub>2</sub>-VASc) to help patients better understand their risk
- Discuss treatment options including anticoagulant, rhythm and/or rate control therapy

NVAF prevalence anticipated to **INCREASE** to  
**7.5 MILLION AFIB CASES**  
IN 2018<sup>1</sup>



**25–38%** of the AFib Population is  
**UNDIAGNOSED**<sup>2,3</sup>

AFib patients have a **5-FOLD**  
**HIGHER RISK OF DEVELOPING A STROKE**



&  
**2-FOLD**  
**RISK OF DYING FROM STROKE**<sup>4</sup>



For those at risk for AFib,  
**IMPROVED PATIENT**  
**OUTCOMES MAY INCLUDE:**

## EFFECTIVE STRATEGIES:

- Treatment of underlying risk factors
- Educating patients' families and caregivers
- Patient education materials (printed, digital)
- Shared decision-making
- Quick access to follow-up test/procedures

## TOOLS:

- Using and explaining the CHA<sub>2</sub>DS<sub>2</sub>-VASc tool

## RESOURCES:

- Cardiac rehab
- Cardiology/Electrophysiology
- Dedicated staff member in the clinic who can field questions and provide support

<sup>1</sup> Colilla S, Crow A, Petkun W, Singer DE, Simon T, Liu X. Estimates of current and future incidence and prevalence of atrial fibrillation in the U.S. adult population. Am J Cardiol. 2013;112(8):1142-7.

<sup>2</sup> Friberg L, et al. Population screening of 75- and 76-year-old men and women for silent atrial fibrillation (STROKESTOP) 41TEuropace. 41T2013;43T1543T:135-40.

<sup>3</sup> Honma K, Toyoda K, Takizawa S, et al. Abstract TP179: Atrial Fibrillation Unidentified Prior to Stroke/tia: Background Features, Stroke Severity and Outcome - The Samurai-nvaf Study. Stroke. 2014;45:ATP179.

<sup>4</sup> Lin HJ, Wolf PA, Kelly-Hayes M, Beiser AS, Kase CS, Benjamin EJ, et al. Stroke severity in atrial fibrillation. The Framingham study. Stroke. 1996;27:1760-4.



# ARE YOU AT RISK FOR AFIB OR STROKE?

AFib (atrial fibrillation) is when your heart flutters, or beats unevenly. You might not know that you have it.

## CHECK OFF YOUR RISK FACTORS:

- Age over 65
- High blood pressure
- Heart failure
- Heart disease
- Overweight or obesity
- Diabetes or high blood sugar
- Thyroid problems
- Kidney disease
- Heavy alcohol use



- Sleep apnea
- Not enough exercise
- Have had a heart attack
- Have had a stroke
- Recent heart surgery
- Family members with AFib



- Heart valve problems
- Lung problems
- Smoking
- Mental confusion
- Using recreational drugs
- Extreme stress



## CHECK OFF YOUR SYMPTOMS:

- Heartbeat that is fast, fluttering or uneven
- Dizzy or faint feeling
- Feeling very tired, even after sleeping or resting
- Normal day-to-day activities are hard to do
- Feeling short of breath
- Chest pain or discomfort
- Swelling in the legs
- Feeling stressed

## WHAT CAN YOU DO?

### Talk with your health care provider.

- Discuss your risk factors for AFib.
- Pay attention to your body. Look for new symptoms of AFib.
- Learn the symptoms of AFib and what to do if you experience them at home.

### How you can reduce your risk?

- Take an active part in your health.

### Ask to have your pulse checked.

- Learn how to check your pulse and check it regularly.

### Ask about your risk of stroke and how you can reduce your risk.

## AFib CAN LEAD TO STROKE OR HEART FAILURE

**No matter what risk factors you have, AFib can be controlled.**

**TREATMENTS MAY INCLUDE CHANGES TO YOUR LIFESTYLE, MEDICINES, AND/OR SURGERY**



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