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$_2$DS$_2$-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

25–38% of the AFib Population is UNDIAGNOSED

AFib patients have a 5-FOLD HIGHER RISK OF DEVELOPING A STROKE & 2-FOLD RISK OF DYING FROM STROKE

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

RESOURCES:

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

TOOLS:

- Using and explaining the CHA$_2$DS$_2$-VASc tool

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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