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Atrial fibrillation awareness month article:

Atrial fibrillation, often called AFib or AF, is the most common type of irregular heartbeat. When a person has AFib, the normal beating in the upper chambers of the heart (the two atria) is irregular, and blood doesn't flow as well as it should from the atria to the lower chambers of the heart (the two ventricles). This may cause the heartbeat to be less effective when pumping blood to the lungs and body. It can happen in brief episodes, or it may be permanent.

About 4% of the population in the U. S. will have Afib by 2030. It was the underlying cause of death in 14% of deaths where Afib was present. European Americans are more likely to have Afib versus African Americans. The incidence of Afib increases with age.

Symptom may include any or all of these:

- Irregular heartbeat
- Heart palpitations (rapid, fluttering, or pounding)
- Lightheadedness
- Extreme fatigue
- Shortness of breath
- Chest pain

Risk factors are:

- Advancing age
- High blood pressure
- Obesity
- European ancestry
- Diabetes
- Heart failure
- Ischemic heart disease
- Hyperthyroidism
- Chronic kidney disease
- Moderate to heavy alcohol use
- Smoking
- Enlargement of the chambers on the left side of the heart

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Since Afib can lead to blood clots in the heart chamber, these clots can increase a person's risk for stroke if these get loose and travel through the circulatory system. Stroke risk increases 5X and 1 in 7 strokes may be caused by Afib.

Treatment of the condition:

- Medicines to control the heart's rhythm and rate
- Blood-thinning medicine to prevent blood clots from forming and reduce stroke risk
- Surgery
- Medicine and healthy lifestyle changes to manage AFib risk factors

Afib is treatable by medications and some medical devices. The best course of action is to be checked if any of the above symptoms occur. For people with or concerned about Afib, there are several at home devices to detect or monitor this condition.

## Home Devices To Detect Atrial Fibrillation

CHRIS MORGAN10:51 PM

These devices are in no way recommended or endorsed by us, but are shown to provide a sample of possible options. You should always see your primary care or cardiology provider before buying or using one of these items. They are not a means to diagnose or treat heart rhythm irregularities.

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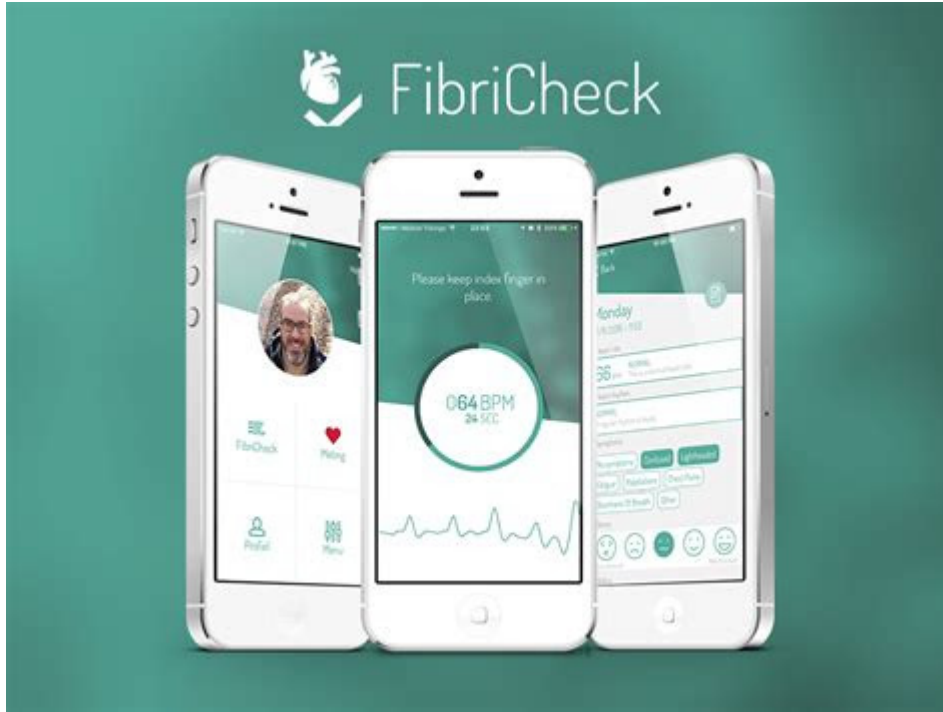


Some Blood Pressure monitors can detect heartbeat irregularities.

Several cell/smartphone type devices are also able to detect heartbeat irregularities:



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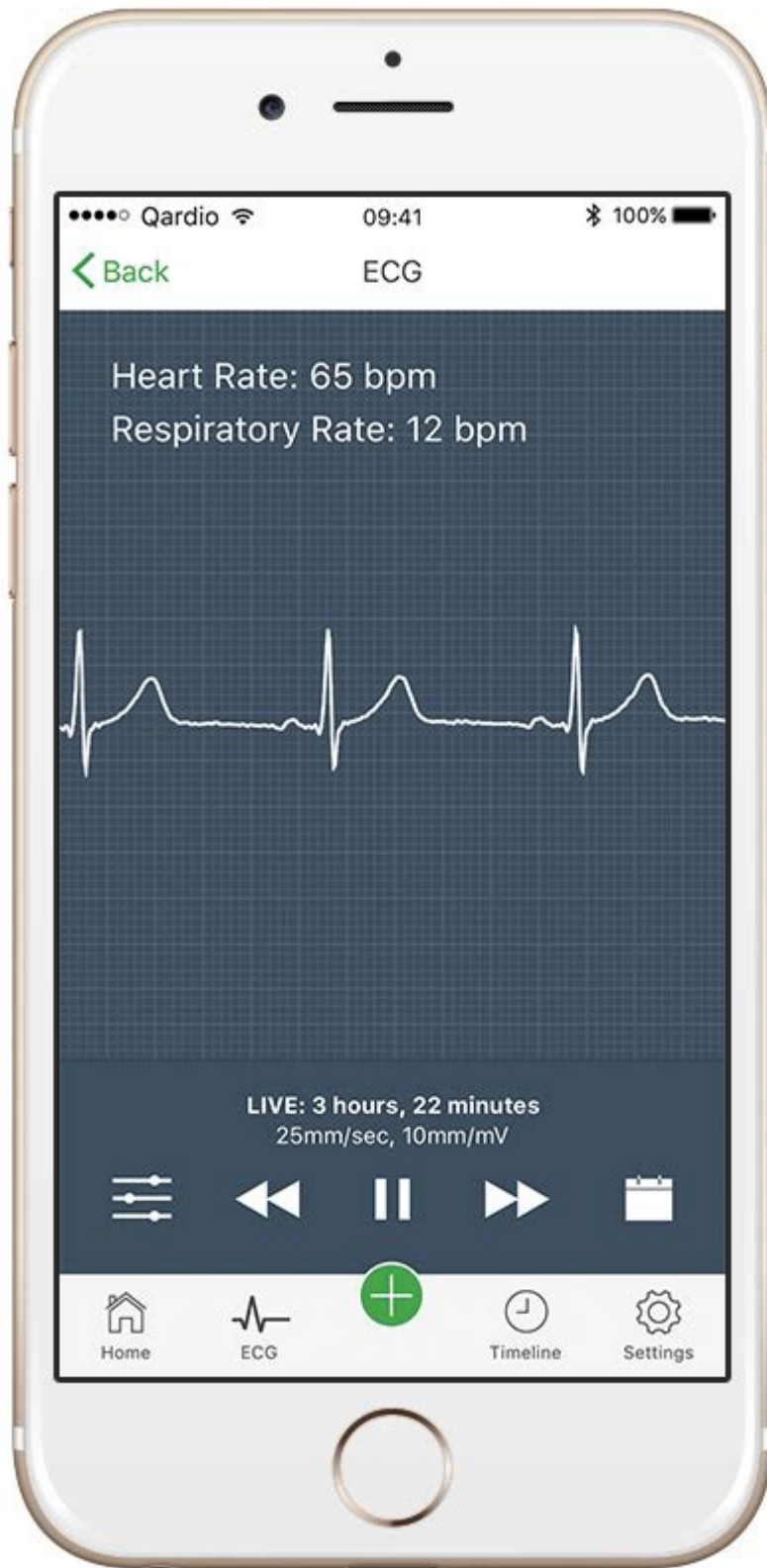


CREDIT: AliveCor

### Detection of Atrial Fibrillation Using a Mobile Heart Monitor

- Atrial fibrillation is a risk factor for stroke
- Patients can now regularly monitor their heart using a heart rhythm recorder that hooks up to a smart device

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There is also an implantable/insertable monitor to detect heart rhythm problems.





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We hope this gave some insight into the phenomenon of Atrial fibrillation and will possibly help you or a loved one avoid a heart problem or stroke.

For more information on Afib see "No Time to Wait":

[Afib Symptoms And Other Info](#) | [No Time To Wait](#) | [Official Site](#)