

no time to wait

**I had to CATCH MY BREATH
just walking. If you experience
symptoms, this is
NO TIME TO WAIT.**



Kareem Abdul-Jabbar
Basketball legend
Diagnosed with Atrial Fibrillation (AFib)

COULD YOU HAVE AFib?

AFib is the most common type of irregular heartbeat that can cause the heart to beat too quickly.

Common symptoms of AFib can include:

- irregular heartbeat
- heart racing
- chest pain
- shortness of breath
- fatigue
- light-headedness

RECOGNIZING THE SYMPTOMS IS AN IMPORTANT FIRST STEP

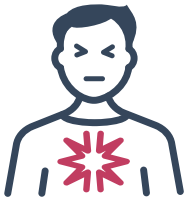
AFib symptoms can come and go, and they can vary. Talk to a healthcare professional if you experience one or more of these symptoms:



Irregular heartbeat



Heart racing



Chest pain



Shortness of breath



Fatigue



Light-headedness

Symptoms can be representative of many conditions. Only a healthcare professional can determine whether these symptoms indicate AFib or another condition.

SYMPTOM GUIDE

Tracking your symptoms can help you open a discussion with a doctor. Use this checklist to track which symptoms you have experienced, when they began, and how often they have appeared.

Possible symptom	How long have you experienced this symptom?	How often do you experience this symptom?
Irregular heartbeat	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often
Heart racing	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often
Chest pain	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often
Shortness of breath	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often
Fatigue	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often
Light-headedness	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often

SUGGESTED QUESTIONS TO ASK YOUR DOCTOR

Could my symptoms be a sign of AFib or another condition?
 What is the relationship between my symptoms and my level of physical activity?

What should I do if my symptoms come and go?
 What are the AFib-related risks?
 What options do I have to manage my risk?

What tests are done to determine if I have AFib?
 Should I track my symptoms? If so, how should I track them?

NOTES TO BRING TO A DOCTOR

Use the space below to write your questions about AFib or observations about any symptoms you may have.

LEARN ABOUT THE INCREASED RISK OF STROKE DUE TO AFib

One of the biggest concerns with AFib is the risk of stroke. For those with AFib, there is still an increased risk of stroke even if the symptoms come and go.



Strokes related to AFib are often more severe compared to strokes with other underlying causes. But doctors have options that can help reduce the risk of stroke associated with AFib.

HOW CAN AFib LEAD TO A STROKE?

AFib occurs when the upper chambers of the heart beat irregularly. As a result, blood often remains in the upper chambers where it can pool and potentially form blood clots.

If a clot breaks loose, it can travel through the bloodstream to the brain and lead to a stroke.

**Seeking medical attention early
may help reduce the chance of
AFib or another condition leading
to something more serious.**

**Visit www.notimetowait.com
to learn more about
Kareem Abdul-Jabbar's
diagnosis journey and
access helpful AFib resources.**

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