

# COULD YOU HAVE AFib?

## WHAT IS AFib?

AFib is the most common type of irregular heartbeat that often causes the heart to beat too quickly. One of the biggest concerns with AFib is the increased risk of stroke.

# AFib

## COMMON SYMPTOMS OF AFib (ATRIAL FIBRILLATION)



Irregular heartbeat



Heart palpitations (racing heart)



Chest pain



Shortness of breath



Fatigue



Light-headedness

It can be easy to dismiss symptoms of AFib, because they may come and go, and they can vary. In some cases, people who have AFib may not experience any symptoms at all.



**When it comes to these symptoms, talk to your doctor—this is no time to wait.**

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

*Symptoms can also be associated with other potentially serious conditions not related to AFib. Only a healthcare professional can determine whether these symptoms indicate AFib or another condition.*

## WHAT ARE SOME RISK FACTORS FOR AFib?

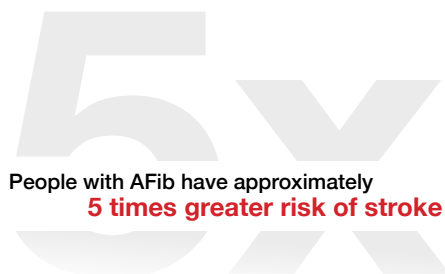
Some risk factors that may increase your chances of developing AFib include but are not limited to:

- Age 65 and older
- Diabetes
- Prior heart attacks
- Heavy alcohol use
- Obesity
- High blood pressure
- Sleep apnea
- Heart disease\*
- Smoking
- Overactive thyroid

\*Heart disease, such as congestive heart failure and coronary artery disease.

## HOW CAN AFib LEAD TO A STROKE?

During a normal heartbeat, the upper chambers (atria) and lower chambers (ventricles) of the heart work together to pump blood to the rest of the body. AFib occurs when the upper chambers of the heart beat irregularly, and do not pump all of the blood to the lower chambers, causing some blood to pool and potentially form clots. If a clot breaks loose, it can travel through the bloodstream to the brain and lead to a stroke.



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