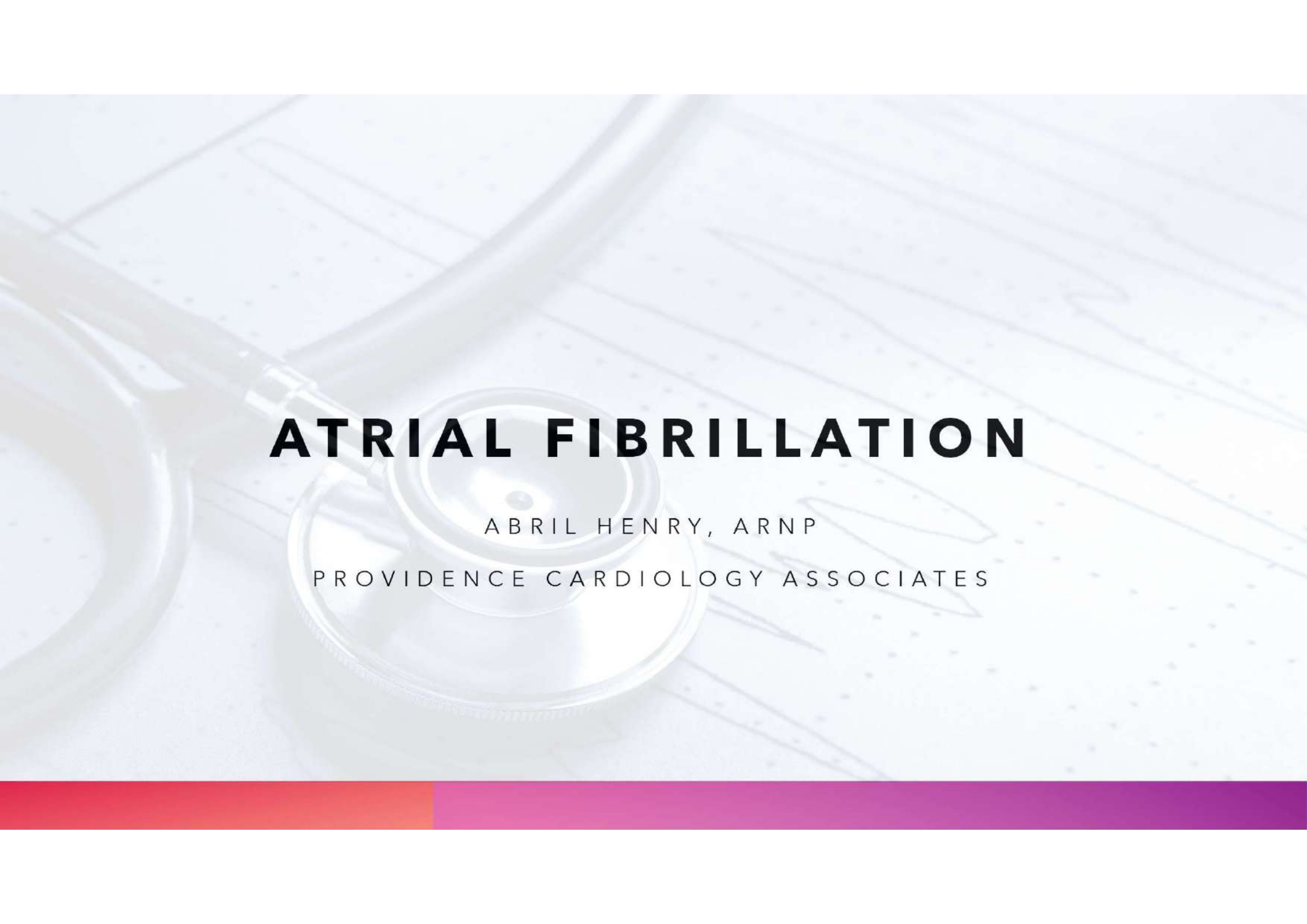
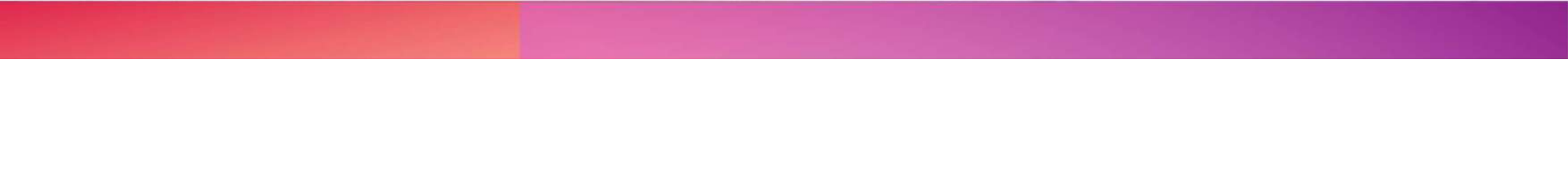


A stethoscope is resting on a piece of ECG paper. The paper shows a regular rhythm with distinct P waves, QRS complexes, and T waves. The stethoscope's chest piece is centered over the text.

ATRIAL FIBRILLATION

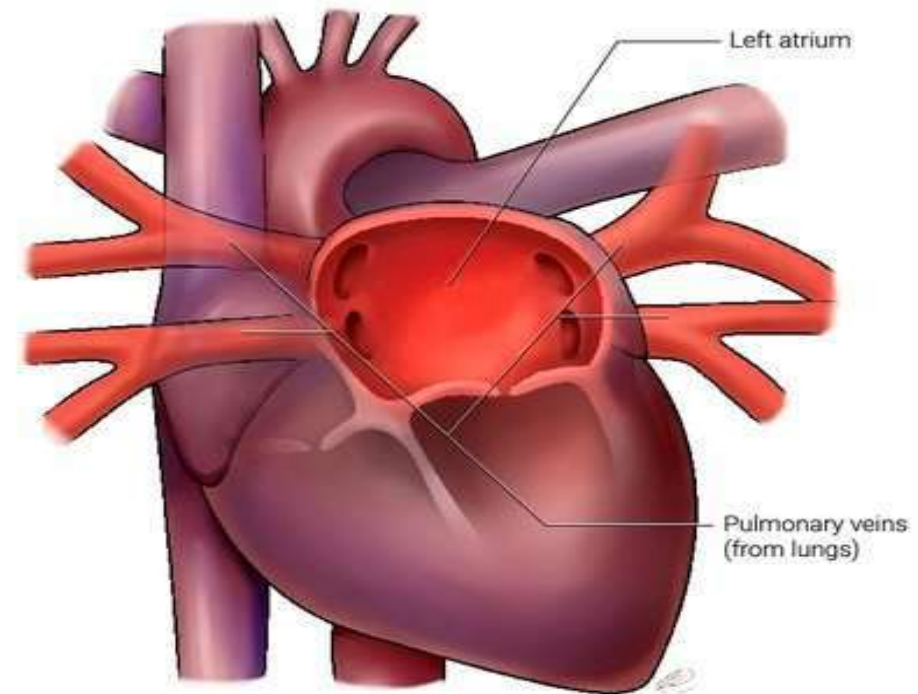
ABRIL HENRY, ARNP

PROVIDENCE CARDIOLOGY ASSOCIATES

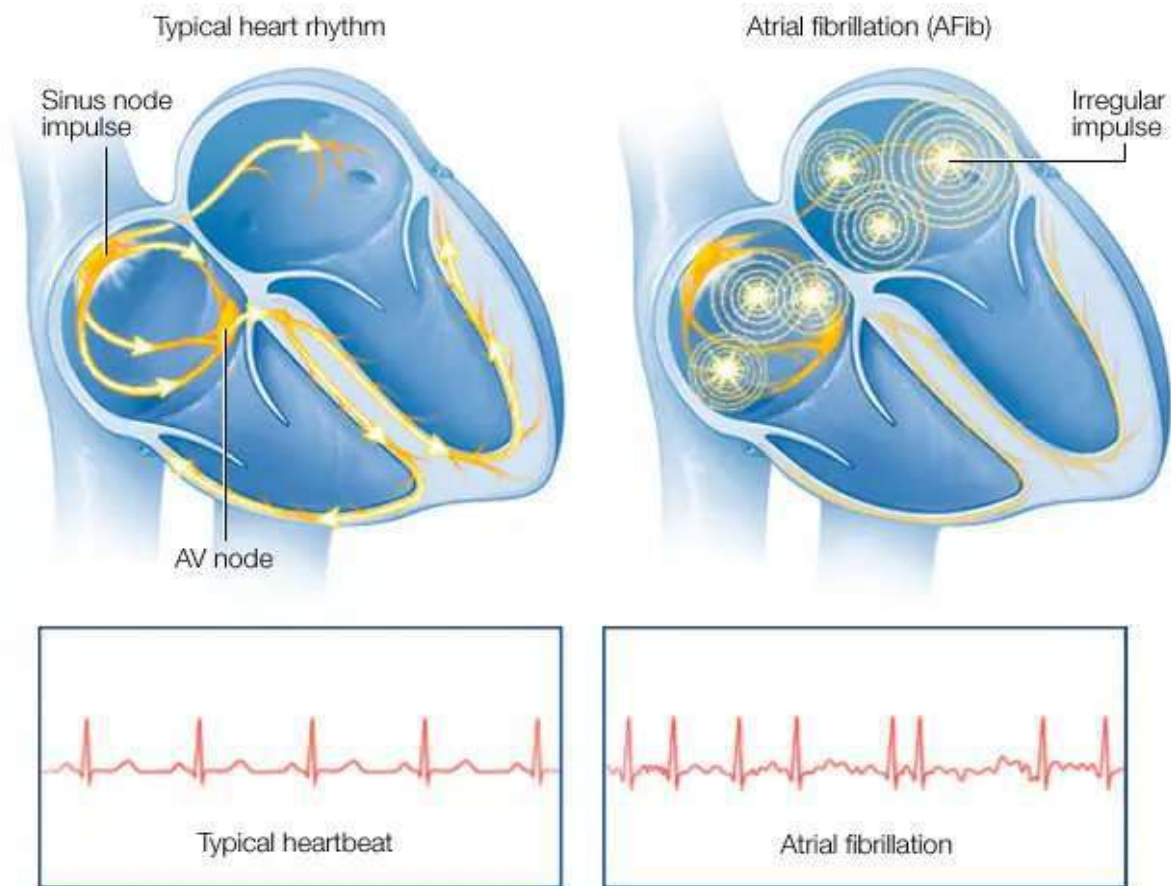
A horizontal bar at the bottom of the slide, transitioning from red on the left to purple on the right.

WHAT IS ATRIAL FIBRILLATION (A-FIB)?

- Most common type of arrhythmia (term meaning any problem with the speed or pattern of the heartbeat)
- Fast, chaotic electrical signals from the atria (top of the heart)

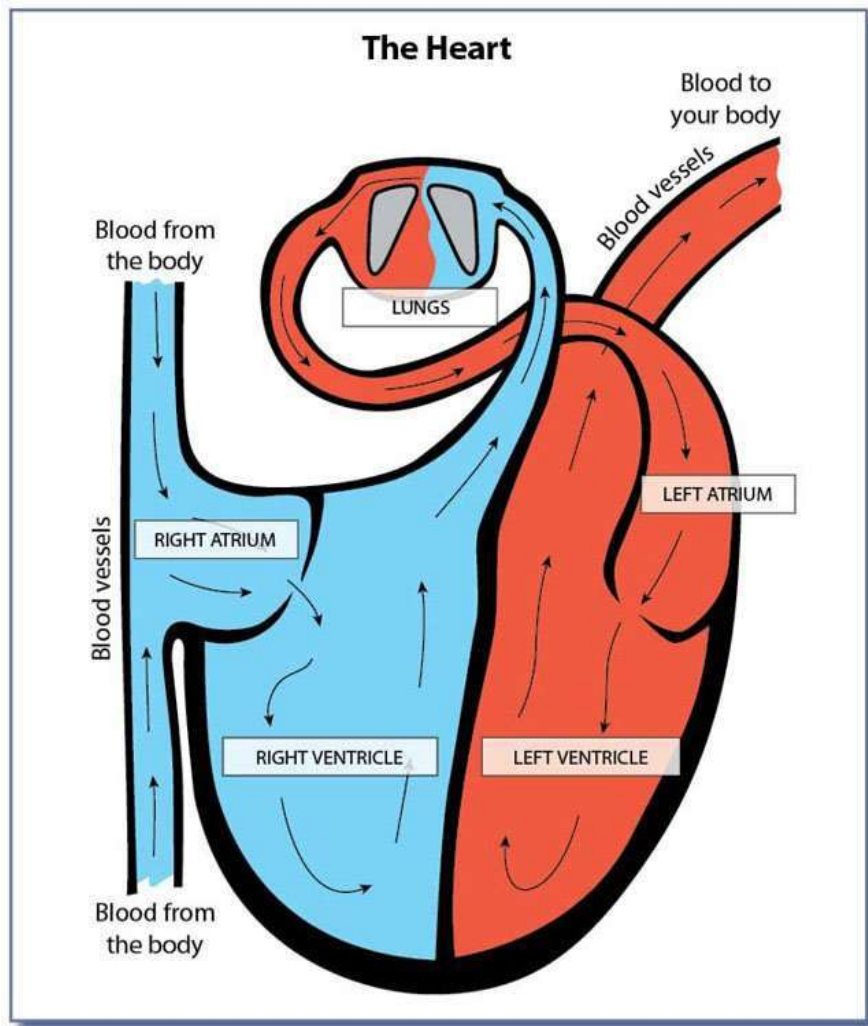


Picture: <http://www.pvsnetwork.org/about-pvs.html?ref=bartsaf.com>



- Paroxysmal or persistent
- Atrial fibrillation is progressive

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Picture from:
https://nemp.otago.ac.nz/health_pe/2006/index.htm

SYMPTOMS:

- Palpitations
- Tachycardia
- Fatigue
- Weakness
- Lightheadedness
- Shortness of breath

RISK FACTORS:

- More common in older adults
- Coronary artery disease
- Heart valve disease
- Heart surgery
- Family history
- High blood pressure
- Thyroid disease
- Diabetes
- Sleep apnea
- Heavy alcohol use
- Obesity



TREATMENT:

Medications

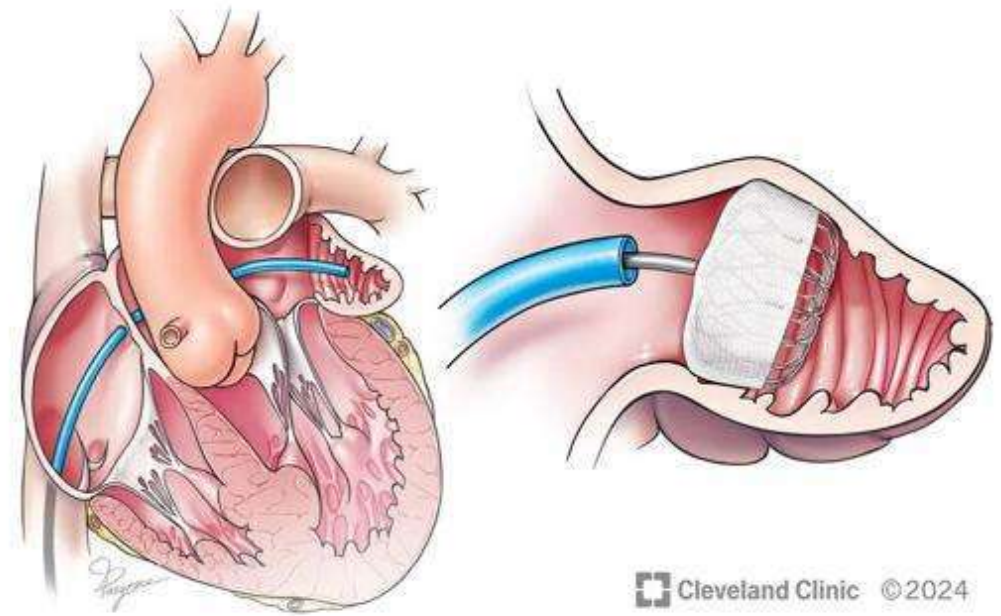
Rate control- heart rate medicines to help slow down the heartbeat

Rhythm control- heart rhythm medicines to help the heart beat more regularly



TREATMENT

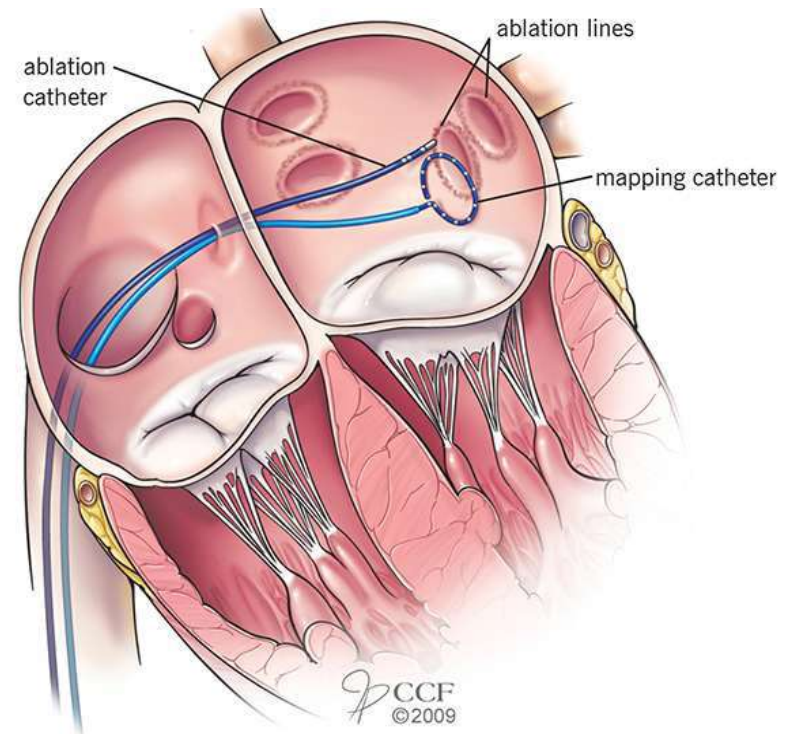
- Anticoagulation- to help reduce risk for blood clots and stroke (Eliquis, Pradaxa, Xarelto, Warfarin)
- Watchman device (for certain high risk individuals)



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TREATMENT:

- MAZE procedure (during open heart surgery)
- Cardioversion "shock therapy"
- Catheter ablation



Cleveland Clinic Journal of Medicine, 2009.
76(9):545.

REDUCING YOUR RISK

- Keeping blood pressure under control
- Keeping diabetes under control
- Weight management
- Regular cardiovascular exercise
- Treating sleep apnea (if applicable)
- Decreasing alcohol



THANK YOU!