



American
Heart
Association.

GETTING TO THE **HEART OF STROKE™**

Atrial Fibrillation

ARE YOU AT RISK?

What is AFib? (or Atrial Fibrillation)

AFib is a problem where the heart doesn't keep a steady rhythm. It is the most common type of irregular heartbeat.

Some people with AFib have symptoms, while others have no symptoms. Symptoms may include:

- General fatigue or fatigue when exercising
- Rapid and irregular heartbeat
- Fluttering or "thumping" in the chest
- Weakness or dizziness
- Shortness of breath and anxiety
- Faintness or confusion
- Sweating
- Chest pain or pressure



Why does AFib matter?

AFib increases the risk of:

- Stroke
- Dementia
- Heart-related problems



Are you at risk for developing AFib?

A few factors can increase your risk of developing atrial fibrillation. See the checklist below and mark the factors that apply to you. Then talk to your health care professional about your risk of developing AFib or to discuss any of these factors.

First, a few questions about you and your lifestyle:

What is your age?

AFib becomes more common with increasing age.

What is your sex?

Women tend to live longer than men. They also may be at an older age when AFib sets in. Because of this, their risk of AFib-related stroke may also be higher.

Do any of these apply to you?

- Regular use of tobacco products
- Overuse of alcohol
- Use of illicit drugs or other stimulants

Have you ever felt your heart racing or fluttering during exercise?

Certain types of AFib can happen in people with low fitness levels and sedentary lifestyles. It can also happen in endurance athletes, particularly older athletes who may have other risk factors or a history of heart disease. Moderate exercise is suggested.

Has a health care professional told you that your body mass index (BMI) is greater than 30 (too much body fat) or that you have obesity?



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Now, a few questions about your medical history:

CLINICAL RISK FACTORS CHECKLIST

YES NO

Has anyone in your family been diagnosed with AFib?

Do you have obstructive sleep apnea?

Do you have high blood pressure, or do you take medication to treat high blood pressure?

Do you have diabetes, or do you take medication to keep your blood sugar under control?

Has your health care professional ever treated you for thyroid disease?

Have you had a heart attack, surgery on your chest or other cardiovascular conditions?

Your health care professional may have used the terms myocardial infarction, coronary artery disease, peripheral artery disease or cardiothoracic surgery to describe these conditions.

Has a health care professional ever told you that you have heart valve disease, or have you had a heart valve repaired or replaced?

Has a health care professional ever diagnosed you with heart failure?



What's next?

Answering “yes” to these questions does not mean you have AFib. But these are factors that could increase your risk of developing AFib.

Bring this with you to your next appointment and talk to your health care professional about your risk of developing AFib. If you are at risk, you may be able to make changes that could help reduce your risk.

Visit **heart.org/AFibTools** to learn more about AFib symptoms and stroke risk.

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