

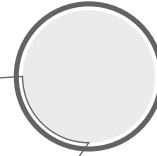




HOW DID I GET AFIB?

Possible risk factors for AFib are:

Many people don't know how they developed AFib, but it's most often caused by a combination of factors.



Diabetes

What treatments should I expect?

In certain cases, medical intervention may restore the heart's normal rate and rhythm, and many AFib patients need medication to lower stroke risks. AFib interventions may include **cardioversion, blood thinners and medications for rate and/or rhythm control. Catheter ablation or surgery** may be necessary if other treatments fail to reduce risks and symptoms. Tell your doctor if you're having symptoms and follow your doctor's advice until otherwise directed.



LIVING WITH AFIB

Can I tell when I'm going to have an episode of AFib?

Some people can feel when they're in AFib and some don't know. Either way, you may be able to control "triggers." In some people, different things cause their AFib to flare up.

Common triggers may include: caffeine, stress or

anxiety, poor sleep and/or sleep apnea, excessive alcohol and exercise that increases the heart rate above a certain point. It's important to note that exercise is beneficial for many people with AFib.

Can I drive my car?

Most can but check with your doctor. Some people experience dizziness or fainting with their AFib episodes. If you feel dizzy or lightheaded, pull over to the side of the road and stop.

Discuss with your health care professional how to know if and when your AFib symptoms need to be checked by a health care professional.



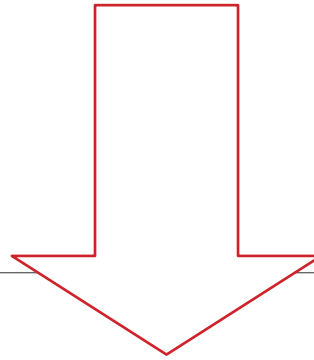
AFIB MEDICATIONS

What medications will I be on and how do they work?

Medications should be prescribed for people with stroke risk factors to help prevent blood clots that can cause a stroke. Rate or rhythm control medications may also be prescribed. You

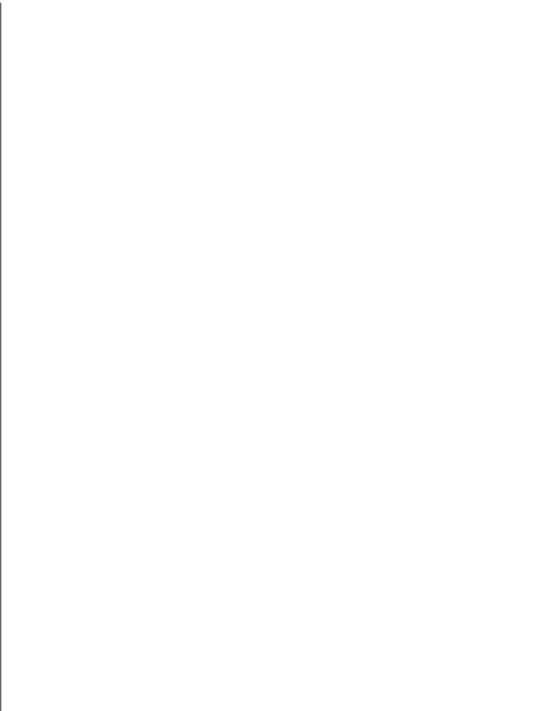
may also be on medications for other underlying conditions. Your doctor will need to know what you're currently taking so your new medications will not interfere.

Some AFib medications your doctor might prescribe for you are:





WHAT SHOULD I EXPECT LONG-TERM?



LIFESPAN AND AFIB