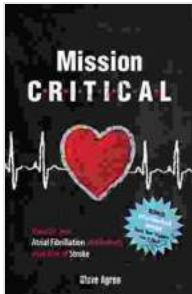


Manage Your Atrial Fibrillation and Reduce Your Risk of Stroke



Mission Critical: Manage Your Atrial Fibrillation and Reduce Your Risk of Stroke by Steve Agren

★★★★☆ 4.1 out of 5

Language	: English
File size	: 598 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 65 pages
Lending	: Enabled



What is atrial fibrillation?

Atrial fibrillation (AFib) is a common heart rhythm disorder that occurs when the upper chambers of the heart (the atria) beat irregularly and too quickly. This can lead to a number of symptoms, including:

- Palpitations (a feeling of your heart racing or skipping beats)
- Chest pain
- Shortness of breath
- Fatigue
- Lightheadedness or dizziness
- Confusion

AFib can be a serious condition, as it can increase your risk of stroke. Strokes occur when a blood clot forms in the heart and travels to the brain, blocking blood flow. AFib increases your risk of stroke because it can cause blood to pool in the atria, which can lead to the formation of blood clots.

How is atrial fibrillation diagnosed?

AFib is usually diagnosed with an electrocardiogram (ECG). An ECG is a test that records the electrical activity of the heart. It can show if the heart is beating irregularly and too quickly.

Other tests that may be used to diagnose AFib include:

- **Echocardiogram:** This test uses sound waves to create images of the heart. It can show the size and shape of the heart, as well as how well the heart is pumping blood.
- **Holter monitor:** This is a portable ECG that you wear for 24 hours or more. It can record your heart rhythm while you go about your normal activities.
- **Event recorder:** This is a small device that you can carry with you. It can record your heart rhythm when you experience symptoms of AFib.

How is atrial fibrillation treated?

The treatment for AFib depends on the severity of your symptoms and your risk of stroke. Treatment options include:

- **Medications:** Medications can be used to control the heart rate and rhythm, and to prevent blood clots.

- Ablation: Ablation is a procedure that uses heat or cold to destroy the tissue in the heart that is causing AFib.
- Pacemaker or implantable cardioverter-defibrillator (ICD): A pacemaker or ICD can be implanted to regulate the heart rate and rhythm.
- Lifestyle changes: Lifestyle changes, such as losing weight, eating a healthy diet, and getting regular exercise, can help to reduce the risk of AFib.

How can I reduce my risk of stroke?

If you have AFib, there are a number of things you can do to reduce your risk of stroke, including:

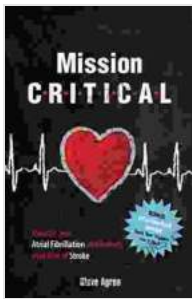
- Taking your medications as prescribed
- Following your doctor's recommendations for lifestyle changes
- Getting regular checkups

By following these tips, you can help to manage your AFib and reduce your risk of stroke.

Additional information

For more information on atrial fibrillation, please visit the following websites:

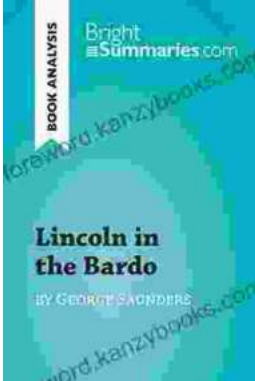
- Centers for Disease Control and Prevention
- American Heart Association
- Mayo Clinic



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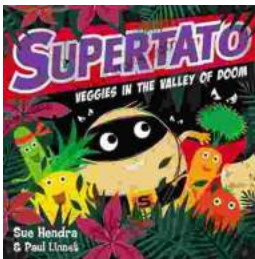
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