

# Atrial Fibrillation and Stroke Prevention



**33.5m**

people in the world with AF

Atrial fibrillation (AF) is a condition where the heartbeat is irregular and often very fast. Untreated, AF is a major risk factor for stroke. Stroke is one of the leading causes of death and disability worldwide. Most strokes, including those caused by AF can be prevented.

## Symptoms

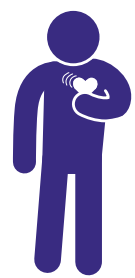
Most people with AF don't have any symptoms



General Fatigue



Rapid and/or irregular heartbeat



Fluttering or "thumping" in the chest



Dizziness or light-headedness



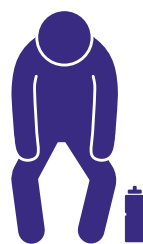
Shortness of breath and anxiety



Weakness



Faintness or confusion



Fatigue when exercising



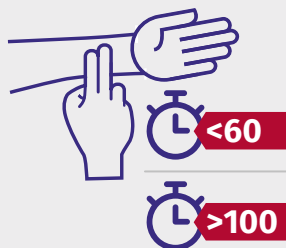
**1million**

The number of AF related strokes in the world per year.



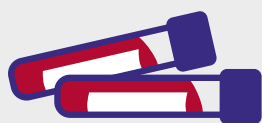
People with AF are five times more likely to have a stroke than the rest of the population.

## Diagnosing AF



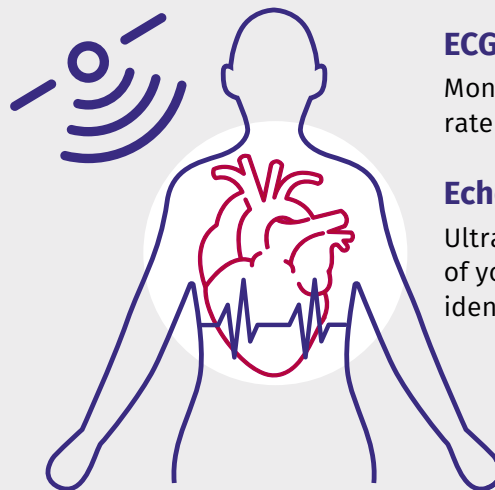
### Pulse check

If your pulse rate is consistently lower than 60 or higher than 100 speak to your doctor.



### Blood test

Some AF is caused by another health condition, a blood test will check for this.



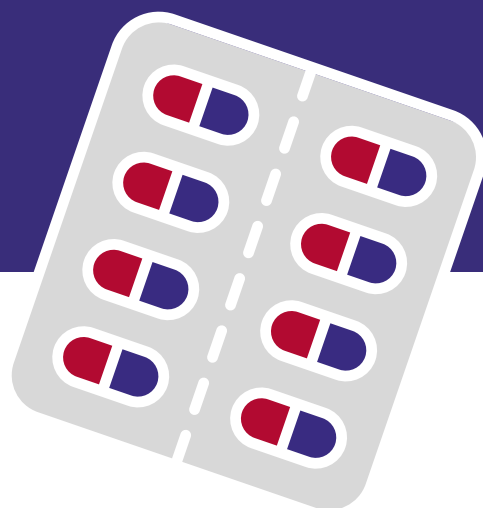
### ECG

Monitors your heart rate and rhythm.

### Echocardiogram

Ultrasound imaging of your heart to identify any defects.

# AF Treatment



## Your doctor can prescribe medication to:

1. Address any underlying health condition causing AF
2. Control your heart rate
3. Restore your heart rhythm
4. Prevent blood clots

Anticoagulants <sup>delete</sup> stops blood from clotting. There are several different types of anticoagulants that your doctor may prescribe. Newer drugs have fewer side effects, cause fewer problems when taken alongside other medications and might be better at reducing your stroke risk.

## Preventing AF and Stroke

We can all take steps to reduce our risk of AF. Action can also help you to avoid some other risk factors for stroke and heart disease.



Manage your weight



Reduce the fat in your diet



Reduce alcohol consumption



Avoid stimulants