

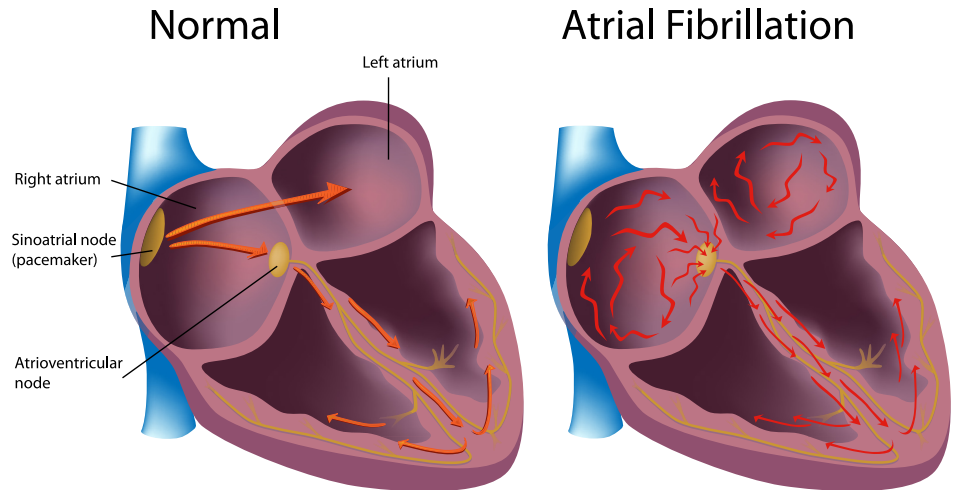
# I cannot tell AFib

Atrial fibrillation or AFib is the most common heart arrhythmia or irregularity in the U.S. It affects up to 4 million people.

AFib needs to be taken seriously. It increases the risk of stroke by as much as 5 times and can contribute to heart failure and other heart conditions.

When someone develops AFib, the upper chambers of the heart, the atria, beat rapidly and irregularly. “The atria quiver instead of squeezing normally. This causes slow blood flow, which leads to clots and stroke,” said Dr. Eric Rashba, Director of the Heart Rhythm Center at Stony Brook University Heart Institute.

People with AFib often feel a fluttering in their chest, an unexplained racing of the heart, or that their heart is skipping beats. Other symptoms include fatigue, dizziness, shortness of breath, and lack of energy. Up to 10% of AFib patients have no symptoms at all.



AFib can be related to high blood pressure, an overactive thyroid, congestive heart failure, or diseased heart valves. It is important to be diagnosed and treated early.

The longer you wait for diagnosis and treatment, the more AFib progresses and becomes increasingly difficult to treat. Your doctor can refer you to a heart specialist. Initial treatment is medication. New procedures are also available.