



American Heart Association.

GETTING TO THE HEART OF STROKE™

AFib ARE YOU AT RISK?



What is AFib? (or Atrial Fibrillation)

AFib is a problem where the heart doesn't keep a steady rhythm.

Some people with AFib experience symptoms such as fatigue, a racing, pounding, or fluttering sensation in the heart, or shortness of breath, but others have no symptoms at all.



Why does AFib matter?

AFib is linked with a 5x higher risk of stroke.

AFib also increases risk of heart failure and dementia.

Are you at risk for developing AFib?

There are a few factors that can increase your risk of developing atrial fibrillation. See the checklist below and mark which of these factors apply to you. Then talk to your health care professional if you are concerned about your risk for developing atrial fibrillation 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 and is most common in people over the age of 65 years.

What is your sex?

Women tend to live longer than men, and they may be at a later age when AFib sets in. Because of this, their risk of AFib-related stroke may also be higher.

Do any of the following apply to you:

- Regular use of tobacco products?
- Excessive use of caffeine, illicit drugs or other stimulants?
- Overuse of alcohol?

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

Certain types of AFib can occur in people with low fitness levels as well as in athletes, particularly older athletes who may have other risk factors or a history of heart disease.

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	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 hypertension?		
Do you have diabetes or do you take medication to keep your blood sugar under control?		
Has your doctor ever treated you for hyperthyroidism?		
Have you had a heart attack, surgery on your chest or other cardiovascular conditions? <i>Your health care professional may have used the terms myocardial infarction, coronary artery disease, peripheral artery disease or cardiothoracic surgery to describe these conditions.</i>		
Has a doctor ever told you that you have heart valve disease or have you had a heart valve repaired or replaced?		
Has a doctor 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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