



**EmPOWERED
To Serve™**

Learn AFib by Heart

*Learn the signs of atrial fibrillation (AFib) –
know how you can act and adapt to reduce stroke risk*



Learn AFib by Heart

Lesson Overview

Welcome

- EmPowered To Serve and the ETS Health Check
- Program Topic and Urgent Community Need

Learn AFib by Heart

- Call to Action: Learn the signs of atrial fibrillation (AFib) — know how you can act and adapt to reduce stroke risk

Closing Thoughts



Supported by a charitable donation from:



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What is ETS? *EmPowered To Serve*

EmPowered To Serve is a movement sweeping our nation to improve the health of multicultural communities.

- We unite as the ETS megacommunity to make healthy change happen in diverse communities across the country.
- Learn More at EmPoweredToServe.org.

**The AHA's
2020 Goal**

Improve heart health of all Americans by 20%.

Reduce deaths from heart diseases and stroke by 20%.



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ETS Health Check

Blood pressure and weight check

- Starting point for you
- Optional and anonymous, no name



Why check blood pressure?

High blood pressure (HBP) is a risk factor for heart disease, the No. 1 killer worldwide.

HBP is also a risk factor for stroke, the No. 2 killer worldwide.



Why worry about being overweight?

Nearly 70 percent of adults are either overweight or obese.

Being obese puts you at a higher risk for heart disease, stroke, HBP, diabetes, and more.



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Program Objectives

By the end of this lesson, you'll be able to:

- Know the signs, symptoms and increased stroke risk for atrial fibrillation.
- Talk to your healthcare provider and learn how AFib can increase stroke risk.
- Understand healthy living with AFib and how to reduce your stroke risk.



Learn the signs of atrial fibrillation (AFib). Know how you can act and adapt to reduce stroke risk.



It's is why™

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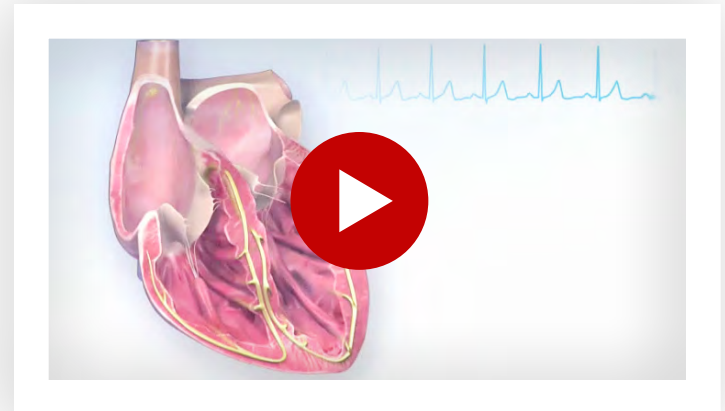
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What Is Atrial Fibrillation (Also Known As AFib or AF)?

Atrial fibrillation (AFib) is the most common type of irregular heartbeat.

Instead of beating in a normal pattern, the upper heart valves “quiver” or “flutter.”

- They beat irregularly and too fast.
- Blood flow slows, which can cause blood clots.
- As a result, the risk for stroke is five times higher.



Normal Heartbeat



AFib Heartbeat

Afib Is On The Rise Nationwide.

Some groups are less likely to be aware they have the condition:

- An estimated 2.7 million Americans are living with AFib. That number could grow as high as 12 million by the year 2050.
- It's the most common "serious" heart rhythm problem in people over 65.
- In a national study, blacks were approximately one-third less likely than whites to be aware they had Afib.



AFib Awareness—Carl's Story

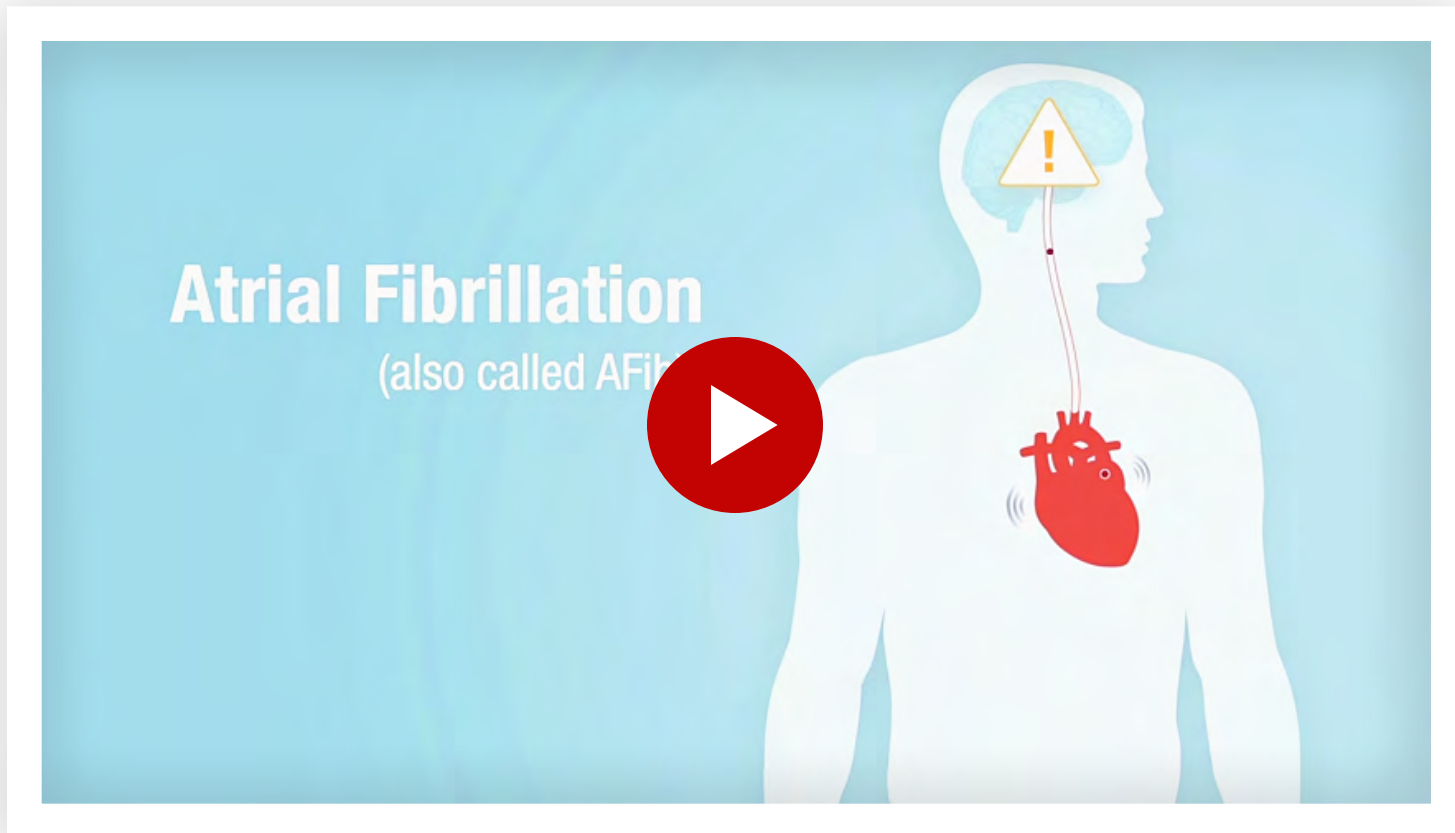


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When Hearts Flutter

An Introduction to Atrial Fibrillation



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Point #1




Learn about atrial fibrillation (AFib) — signs, symptoms and increased stroke risk.



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AFib Awareness PSA



The graphic features four portraits of diverse individuals: a man in the top left, a woman with glasses in the top right, a woman with pink hair in the bottom left, and an older woman in the bottom right. A white ECG line runs across the portraits, and a red play button is centered over the woman with glasses.

AFib
can **happen**
to **anyone.**

Take steps each day to
lower your risks for stroke.



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What Does AFib Feel Like?

“My heart flip-flops, skips beats, and feels like it’s banging against my chest wall, especially if I’m carrying stuff up my stairs or bending down.”

“I was nauseated, light-headed and weak. I had a really fast heartbeat and felt like I was gasping for air.”

“I had no symptoms at all. I discovered my AF at a regular check-up. I’m glad we found it early.”



What Are Other Symptoms of AFib?

Sometimes, people with AFib have no symptoms, and the condition is only found by getting a health exam. Others may have some additional common symptoms:

- General fatigue
- Rapid and irregular heartbeat
- Fluttering or “thumping” in the chest
- Dizziness
- Shortness of breath and anxiety
- Weakness
- Faintness or confusion
- Fatigue when exercising
- Sweating
- Chest pain or pressure



Chest pain or pressure is a medical emergency. You may be having a heart attack. Call 9-1-1 immediately.

Some people never have symptoms, and they are diagnosed by a physical exam and an EKG/ECG.

Why Do People Develop AFib?

- Possible risk factors for AFib are advanced age, heart disease (prior heart attack or heart failure), high blood pressure, diabetes, excessive alcohol drinking, smoking, obesity, sleep apnea, heart valve problems and/or other chronic-medical or heart-related problems.
- Some studies support the idea that it is passed down in families.



What Are The Risks Of Living With AFib?

Most people who have AFib are unaware of their increased risks, especially for stroke:

- A person with AFib is at **five times higher** stroke risk.
- Strokes caused by AFib are **more severe** than strokes from other causes.
- A person with AFib is at **three times higher** risk for heart failure.

You can live with AFib, but it can lead to other problems: chronic fatigue, heart failure and — worst of all — stroke. You'll need a doctor to help you control the problem.



Point #2



Talk to your healthcare provider. Learn how AFib can increase stroke risk.



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Talk to Your Healthcare Provider.

A healthcare provider can assess your heart for atrial fibrillation.

- If you have AFib, several factors, such as length and severity of your AFib, determine your healthcare provider's recommendation for treatment.
- Treatment may include medications, nonsurgical procedures or surgical procedures.



Video: Working With Your Healthcare Team

AFib Causes Increased Stroke Risk.

- People with AFib are **five times more likely** to have a stroke.
- AFib creates poor blood flow, which can lead to blood clots and stroke.
- Stroke is the **No. 5 cause of death** in the US (No. 2 cause of death worldwide). Stroke is a **leading cause of disability**.

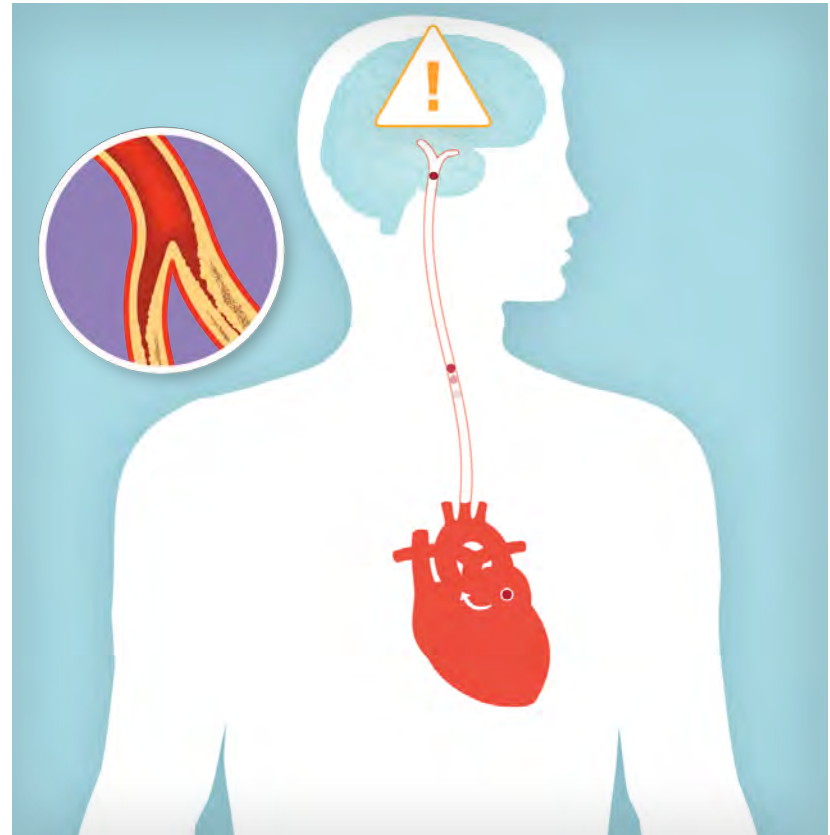
5x *increased risk of*
↑ STROKE

Not only does AFib increase your risk of stroke, those strokes correlated with AFib are often very serious or even lethal.

What is a Stroke?

Stroke is caused by reduced circulation of blood to the brain, called an *ischemic stroke*.

- A blood vessel (artery) carrying blood and oxygen (nutrients) to the brain is blocked by a clot or fatty plaque or bursts.
- When the part of the brain affected by the diseased artery cannot get enough blood and oxygen, the brain cells at that part of the brain die causing a stroke.



If you think you are having a stroke call 9-1-1 immediately!



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Spot a stroke F.A.S.T.!

F.A.S.T. is an easy way to remember the sudden signs of stroke. When you can spot the signs, you'll know that you need to **call 9-1-1 for help** right away. F.A.S.T. is:



Face Drooping:

Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?



Arm Weakness:

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



Speech Difficulty:

Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?



Time to Call 9-1-1:

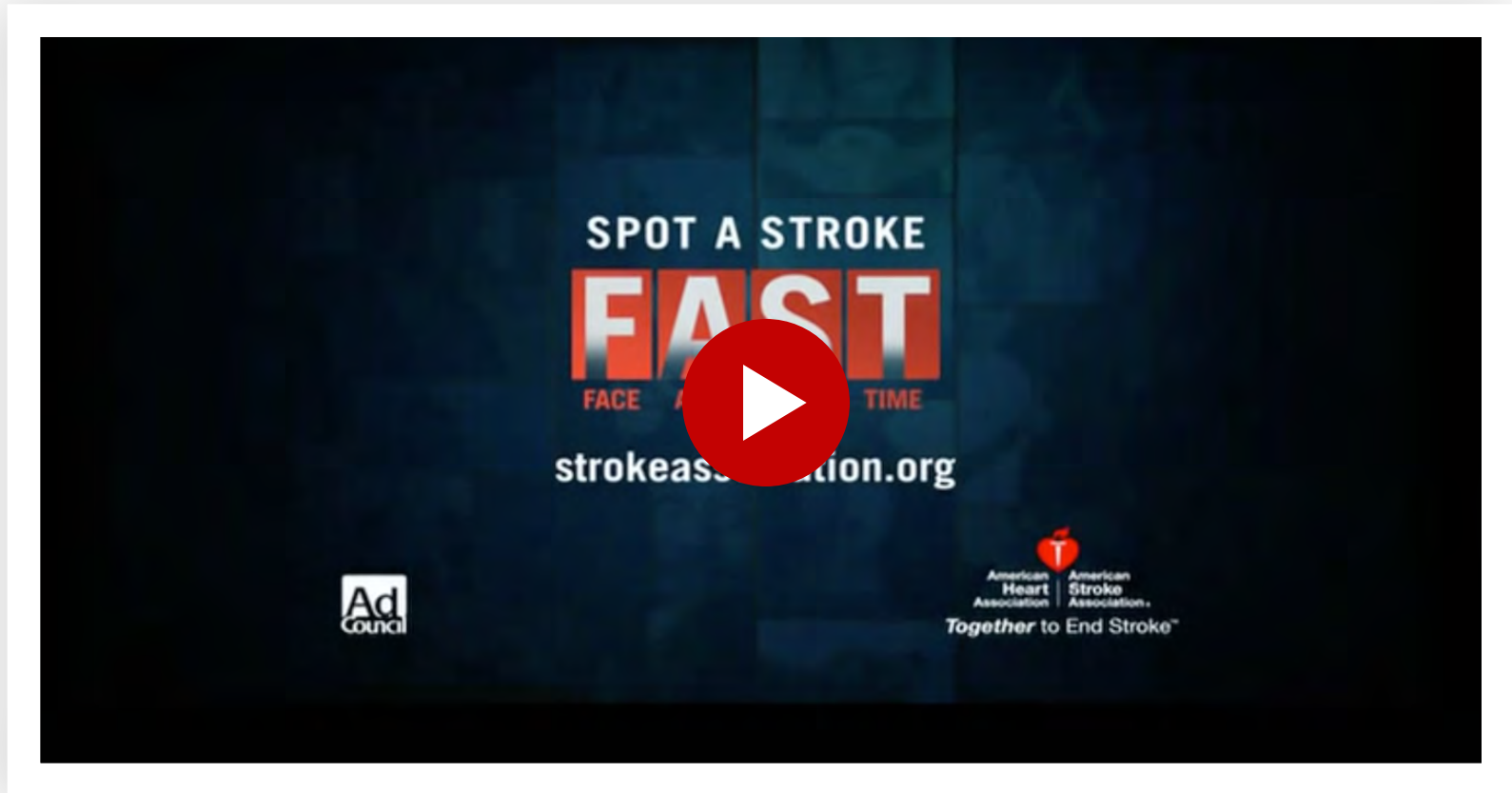
If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.



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Video: Stroke Warning Signs



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Point #3



Live with AFib. Reduce your stroke risk.



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How Does AFib Change Daily Life?

People with AFib can lead healthy, long lives while taking actions to reduce their risk for stroke and other potentially related conditions such as heart failure.

Actions include:

- Meet regularly with your healthcare provider to understand your risks and treatment options (possible medications and/or procedures)
- Set personal health goals and maintain a heart-healthy lifestyle by following Life's Simple 7 (described on the next slide)
- Track your symptoms, health goals, and (if applicable) medications.



Stay Healthy. *Follow Life's Simple 7.*

- Manage Blood Pressure
- Control Cholesterol
- Reduce Blood Sugar
- Get Active
- Eat Better
- Lose Weight
- Stop Smoking



Living with AFib — Marcie's Story



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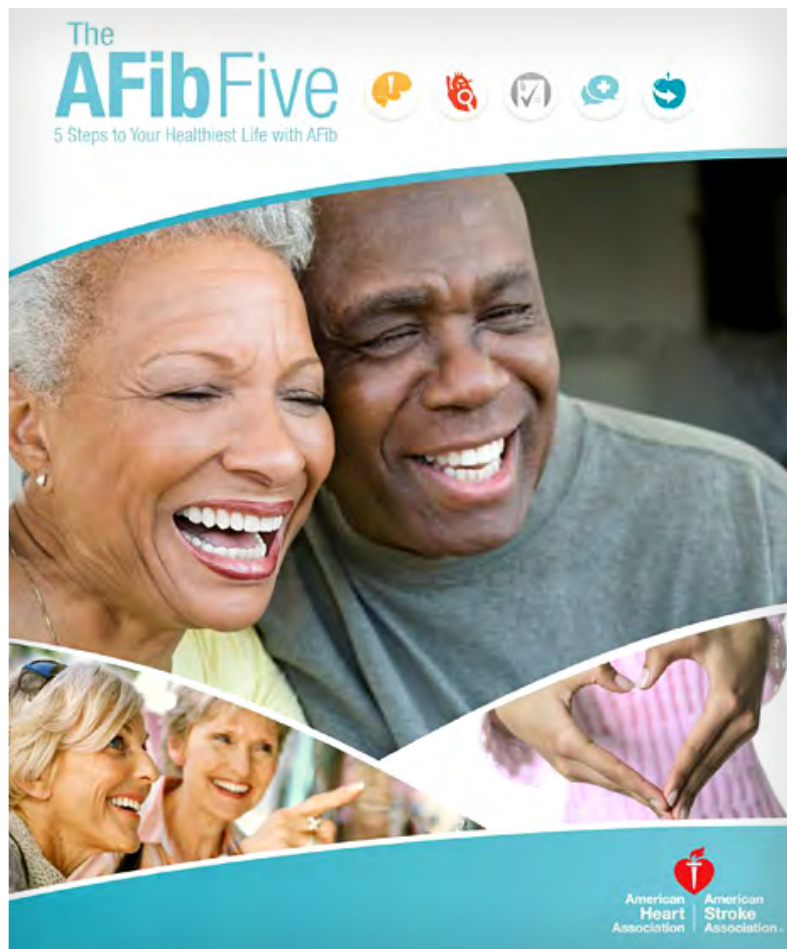
Already Living With AFib?

Grow healthier and reduce
your risk for stroke.



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Explore The AFib Five.

Understand your diagnosis.
Learn to live your healthiest life!

- Free digital guide for newly diagnosed AFib patients and caregivers
- Embedded links to printable resources such as guides for making the most of your doctor visits as well as symptom and medication trackers



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Call to Action

You've learned signs of AFib and now know signs, symptoms, the increased risk of stroke and the importance of speaking to your healthcare provider.

Share what you learned with 5 friends!



Give 5 people you care about the power to save lives!

Ask them to visit www.empoweredtoserve.org and heart.org/afibawareness.



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ETS Health Lessons

Own it

Don't Go Breakin' Your Heart

Produce-ing Health

Make Life Sweet—Not Your Drinks

Let's Get Physical

Keep the Beat

Secrets of the Heart

Don't Miss a Stroke

Got Fruit? How About Vegetables?

Taking "Fit" to the Streets

Just What the Doctor Ordered

Clear the Air



Create a Culture of Health

Commit to take action:

- Go to EmPoweredToServe.org.
- Use My Life Check® to check your progress.

Join Us for more ETS Programs.



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Wrap-Up



We appreciate your thoughts!

- Post what you liked best online at:
<http://community.empoweredtoserve.org/home>



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EmPoweredToServe.org

Help create a sustainable culture of health:

- Unite with others to drive **lasting** (sustainable) positive change.
- Learn ways to improve **community beliefs and behaviors** (culture) about health.
- Share best practices and develop strategies that promote **sound body, mind, and spirit** (health).



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We are EmPOWERed To Serve

...Serve our health, serve our community



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