Simplifying Your Atrial Fibrillation (AFib) Treatment Plan

Take an active role in your health care by using this tool to help you discuss appropriate treatment options with your health care professional.

How can I prevent a stroke?

**CHA$_2$DS$_2$-VASc Risk Factors**
- Congestive heart failure
- Hypertension (high blood pressure)
- Age (75 or older)
- Diabetes
- Stroke (prior episode)
- Vascular disease (such as peripheral artery disease, heart attack, coronary artery disease or aortic plaque)
- Age (65–74)
- Sex category (female)

**Shared Decision-Making**
It’s important to talk to your health care professional about medications and lifestyle changes to prevent stroke in AFib.

**Risk Factor Management**
Risk factors: obesity, sleep apnea, physical activity, hypertension (high blood pressure), diabetes, excess alcohol, smoking, coronary artery disease, heart failure

**FDA-Approved Anticoagulants**

Does my heart rate or rhythm need treatment?

<table>
<thead>
<tr>
<th>Based on</th>
<th>Will I need?</th>
</tr>
</thead>
<tbody>
<tr>
<td>No</td>
<td>Monitor the situation.</td>
</tr>
<tr>
<td>Yes</td>
<td>Pursue heart rate control.</td>
</tr>
<tr>
<td>Yes</td>
<td>Pursue heart rhythm control.</td>
</tr>
</tbody>
</table>

**Follow-up**
Regular checkups to prevent heart failure and stroke.

**Medications**

**Cardioversion**

**Catheter Ablation Procedures**
May be discussed if the above don’t work.

**Surgical Procedures**
May be combined with other surgeries.

It’s important to take risk reduction measures even though no method or treatment can guarantee prevention. Know the warning signs for stroke and call 911 immediately if you experience them.

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The American Heart Association and StopAfib.org are collaborating to support atrial fibrillation patients.