

AFib: Partnering in Your Treatment

Bring this sheet with you to your appointment and discuss the following with your doctor.



How serious is my AFib?

In what ways does AFib increase my health risks?

Do I have other health concerns that may increase my risks?



Are there other treatment options?

What are my other possible options?

When should they be considered?



What are my medication options?

Should I be taking a medication for AFib?

What should I expect from it?

What will happen if I don't take it?

Notes: _____



Do I need to make lifestyle changes?

Should I change any of the following to reduce my risks?

- Eating habits?
- Physical activity?
- A plan to stop smoking?
- My weight?
- Other: _____

Notes: _____



What are my treatment goals?

With my treatment plan, what should I expect to see?

We will know we are making progress when...
