

# 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 doctor or other healthcare provider 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. About 1% of patients with AFib are under 60 years old, whereas 12% of patients with AFib are 75-84 years old. More than a third of patients with AFib are over 80.

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#### What is your gender?

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

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#### 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

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#### 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.

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#### Has a doctor or healthcare provider told you that your body mass index (BMI) is greater than 30 or that you have Obesity?

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**Now a few questions about your medical history:**

<u>CLINICAL RISK FACTORS</u>	<u>YES</u>	<u>NO</u>
Has anyone in your family been diagnosed with AFib?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have obstructive sleep apnea?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have high blood pressure, or do you take medication to treat hypertension?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have diabetes, or do you take medication to keep your blood sugar under control?	<input type="checkbox"/>	<input type="checkbox"/>
Has your doctor ever treated you for hyperthyroidism?	<input type="checkbox"/>	<input type="checkbox"/>
Have you had a heart attack, surgery on your chest, or other cardiovascular conditions? <i>Your healthcare provider may have used the terms myocardial infarction, coronary artery disease, peripheral artery disease, or cardiothoracic surgery to describe these conditions.</i>	<input type="checkbox"/>	<input type="checkbox"/>
Has a doctor ever told you that you have heart valve disease, or have you had a heart valve repaired or replaced?	<input type="checkbox"/>	<input type="checkbox"/>
Has a doctor ever diagnosed you with heart failure?	<input type="checkbox"/>	<input type="checkbox"/>



**What's next?**

Answering “yes” to these questions does not mean that 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 doctor or healthcare provider 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](http://heart.org/AFibTools) to learn more about AFib symptoms and stroke risk.**

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