

People with AFib are at Risk

5x

greater risk
of stroke

3x

greater risk of
heart failure

2x

greater risk
of dementia

AFib's most common symptom: quivering or fluttering heartbeat

Sometimes people with AFib have no symptoms and their condition is only detectable upon physical examination.

Others may experience one or more of these symptoms:

- General fatigue
- A 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 (*This is a medical emergency. You may be having a heart attack. Call 911 immediately.*)

heart.org/afib

September is AFib Awareness Month

Atrial Fibrillation (AFib) numbers are rising in the U.S. This signals a potential increase in the number of people suffering from stroke and heart failure. By providing education and resources for professionals and patients, we're committed to generating awareness and improving patient care to save lives.

Take a moment to review this information. Share with your friends and family to increase awareness of AFib.



**American
Heart
Association®**

8 key factors for improving and maintaining cardiovascular health

Better cardiovascular health helps lower the risk of major health problems.



**Eat Better
Be More Active
Quit Tobacco
Get Healthy Sleep
Manage Weight
Control Cholesterol
Manage Blood Sugar
Manage Blood Pressure**

heart.org/lifes8

Fold along this line and tape