

# KNOWING AFIB

(ATRIAL FIBRILLATION)

## WHAT'S AFIB?

AFib is short for *atrial fibrillation*, an irregular, weak heartbeat that increases your risk for heart disease and stroke. It is the most common kind of irregular heartbeat.

## BY THE NUMBERS:

**#1** AFib is the **most common** type of irregular heartbeat



15% of strokes are a result of **untreated AFib**

**2-7x** People with AFib have a higher **risk of stroke**

**UP TO 6.1M**  
Americans have AFib

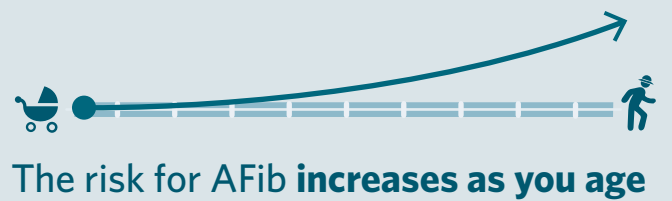
**750,000**  
hospital stays each year are caused by AFib



**Men** are at higher risk for developing Afib



70% of people with AFib are between **65 and 85**



## IT FEELS LIKE:

- Rapid, irregular heartbeat
- Fluttering feeling in your chest
- Heaviness in your chest
- Extreme tiredness/weakness
- Fainting/confusion/dizziness
- Sometimes no symptoms

*"It seemed like my heart skipped a beat."*

## RISK FACTORS:



Aging



High blood pressure



Heart disease



Family history



Heavy drinking



Sleep apnea

## AVOIDING AFIB:

Lifestyle changes to help avoid or reduce AFib:



Doctor-approved exercise



Alcohol and caffeine limits



Healthy weight



Heart-healthy diet



No smoking

## LEARN MORE:

For more information or to schedule an appointment with a heart specialist, visit [mercy.net/AFib](https://mercy.net/AFib)