

Atrial fibrillation: Listen to Your Heartbeat

The most common abnormal heart rhythm



2%

of British population affected

Atrial fibrillation (AF) affects almost 2% of the British population and the number of cases could double within the next 50 years¹

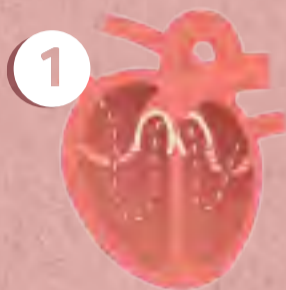
500%



greater risk of suffering a stroke

AF increases the risk of stroke by about 500%² and is the cause of half of all dangerous embolic strokes³

Atrial fibrillation in the heart



The atria are affected by **abnormal electrical impulses** which cause the heart to beat irregularly



The blood pools in the heart and **can clot which could lead to a stroke**



On average, a diagnosis of AF is only reached **2.6 years after symptoms appear**⁴

What are the risk factors?



AF affects nearly **twice as many men as women**⁵

Risk increases with age⁶:

▲ 10% +65 years old

▲ 15% +75 years old



Symptoms

High blood pressure
Heart disease
Chronic thyroid or lung illnesses



It's in your hands



Check your blood pressure

Go to the doctor if your pulse is consistently **above 100bpm or below 60bpm**



Moderate your alcohol intake

Stop smoking

With each cigarette, **the blood pressure rises**



Exercise and control your weight

An **active lifestyle** helps keep your arteries clear