

Atrial Fibrillation



AF (irregular heartbeat) increases your risk of stroke by five times. It's time to talk about AF.

Did you know?

Over 37,000 people in NI are living with AF although it is estimated that many more are living with the condition undetected. Could you be one of them?

People with AF are likely to have a much more severe stroke with:

- Almost double the death rate from stroke
- Increased disability from stroke
- Longer hospital stay
- Increased risk of a stroke happening again

What are the Symptoms of AF?

Sometimes people with AF have no symptoms and their condition is only detectable during a medical examination or by having a health check with us.

Some people may experience one or more of the following symptoms:

- Feeling very tired
- Feeling faint at times
- Being breathless
- Palpitations or fluttering or 'thumping' in the chest

Have you heard of AF?

In a recent survey we conducted of 1000 people, 700 did not know what AF is. Only 3% knew that having AF increased your risk of stroke five fold.

How does AF increase your risk of stroke?

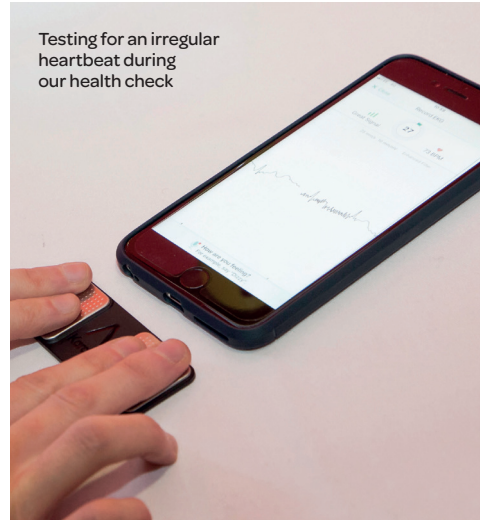
- 1 With AF, the normal rhythm of your heart becomes irregular.
- 2 This causes the upper chambers of your heart to beat chaotically.
- 3 This restricts blood from being effectively pumped from your heart.
- 4 When your heart can't pump out blood effectively, the blood can sometimes pool in your heart and form a blood clot.
- 5 The clot can interrupt the blood supply to the brain, causing a stroke if the brain cells lose their supply of oxygen from the blood.

It's time to talk about AF.

Find out more at www.nichs.org.uk/AF.

Preventing stroke caused by AF

If you think you have AF, book an appointment with your doctor or a health check with NICHS immediately.



If you do have AF, working with your doctor to reduce your risk of stroke is the most important thing you can do. Your doctor may prescribe anti-coagulant medicines (blood thinners) to reduce the risk of blood clot formation. You may also be prescribed medicines to control the rate and rhythm of your heartbeat.

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