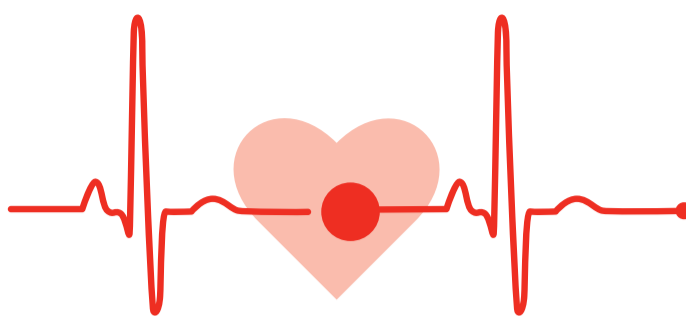




# Atrial Fibrillation (AF)



AF is a type of irregular heartbeat which can make your risk of having a stroke **5 times higher**.

Sometimes people with AF have no symptoms, others may experience:

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

If you think you have AF, **book an urgent appointment with your GP**. To book an NICHS Health Check or to find out more about AF and how to care for your heart visit [www.nichs.org.uk](http://www.nichs.org.uk)

## 7 Health and Wellbeing Tips



**Moderate your alcohol intake**



**Eat a balanced diet**



**Keep physically active**



**Maintain a healthy weight**



**Moderate your stress levels**



**Stop smoking**



**Get enough sleep**