DID YOU KNOW?

86% report that they do know the definition of a stroke... ...but only 61% actually do.

Atrial fibrillation (AFib) affects an estimated 2.7 million Americans.

15% to 20% of all strokes are attributable to atrial fibrillation.

WHAT AFIB PATIENTS ARE THINKING ABOUT STROKES:

- 25% are at risk
- 25% are not at risk
- 50% are not sure

WHAT AFIB PATIENTS SAY THEIR GREATEST HEALTH CONCERN IS:

- 42% Heart Disease/Heart Attack
- 8% Stroke

ATRIAL FIBRILLATION PATIENTS HAVE A 5 TIMES GREATER RISK FOR STROKE.

What is Atrial Fibrillation?

Normally, your heart contracts and relaxes to a regular beat. In atrial fibrillation (also called AFib), the upper chambers of the heart (the atria) beat irregularly (quiver) instead of beating effectively to move blood into the ventricles. Because AFib allows blood to slow down or pool, it increases the risk of clotting, and therefore increases your risk of stroke.

Stroke Warning Signs:

- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause
- Sudden trouble seeing in one or both eyes
- Sudden confusion, trouble speaking or understanding
- Sudden numbness or weakness of the face, arm, or leg, especially on one side of the body

Stroke is caused when a blood clot forms and travels to the brain.

AFib allows blood to slow down or pool, increasing the risk of clotting.

What can you do?

- Take an active role in your health. Do this by having regular checkups with your healthcare professional.
- Work together to identify heart disease and stroke risk factors. If you are at risk, it is critical that you follow the treatment plan prescribed by your doctor.

“I have Atrial Fibrillation. By working with my doctor, I am managing my condition and therefore decreasing my risk for stroke. I have improved my diet and lifestyle and stick with my treatment plan. I refuse to be a statistic.”

— Maricela
AFib Patient
From Austin, Texas