

## Atrial Fibrillation (AFib)

### A DISCUSSION GUIDE FOR COMMON SYMPTOMS







AFib is the most common type of irregular heartbeat. Symptoms of AFib can include irregular heartbeat, heart racing, chest pain, shortness of breath, fatigue, and light-headedness.

Recognizing and tracking your symptoms can help you open a discussion with a doctor. Symptoms of AFib can vary, and they can come and go. But do not ignore them. Talk to a doctor right away if you are experiencing any of the symptoms listed below.

**Seeking medical attention early may help reduce the chance of AFib leading to something more serious.**

### EXPERIENCING THESE SYMPTOMS?

Use this checklist to track which symptoms you have experienced, when you began experiencing them, and how often those symptoms have appeared. If you are filling this out for a loved one, go over the questions with them. And remember, symptoms can be representative of many conditions. Only a healthcare professional can determine whether these symptoms indicate AFib or another condition.

	Possible symptom	How long have you experienced this symptom?	How often do you experience this symptom?
<input type="checkbox"/> 	<b>IRREGULAR HEARTBEAT</b> A feeling of your heart racing or skipping beats. This can happen when at rest or when performing physical activities.	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often
<input type="checkbox"/> 	<b>HEART RACING</b> A fast-beating, fluttering, or racing heart. Similar to an irregular heartbeat, this symptom can happen at any time.	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often
<input type="checkbox"/> 	<b>CHEST PAIN</b> This symptom can appear in many forms, ranging from a sharp stabbing pain to a dull ache.	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often
<input type="checkbox"/> 	<b>SHORTNESS OF BREATH</b> Often described as an intense tightening in the chest, difficulty breathing, breathlessness, or a feeling of suffocation.	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often
<input type="checkbox"/> 	<b>FATIGUE</b> A persistent tired or sluggish feeling. If you are consistently feeling overtired, it may be considered fatigue.	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often
<input type="checkbox"/> 	<b>LIGHT-HEADEDNESS</b> Can cause you to feel dizzy or faint. Some people also feel nauseated when feeling light-headed.	<input type="radio"/> <1 month <input type="radio"/> 1-6 months <input type="radio"/> >6 months	<input type="radio"/> Daily <input type="radio"/> Weekly <input type="radio"/> Monthly or less often

**Some people who have AFib may not experience any symptoms at all. Only a healthcare professional can determine whether these symptoms indicate AFib or another condition.**

## HOW TO DISCUSS THESE SYMPTOMS WITH A DOCTOR

Be sure to contact a healthcare professional right away if you're experiencing these symptoms, even if they come and go. Once you have made an appointment, prepare a list of discussion topics to talk with a doctor.

Here are some examples you can use.



Talk about **how long you've had these symptoms** and their severity

If your symptoms come and go, **describe how often**

Take **note of your activities** when you are experiencing these symptoms

Ask your doctor how to **best track your symptoms**



## NOTES TO BRING TO A DOCTOR

Use the space below to write your questions about AFib or observations about any symptoms you may have.

---

---

---

---

Symptoms can be representative of many conditions. Only a healthcare professional can determine whether these symptoms indicate AFib or another condition.

