

CARING FOR THE HEART WITH AF

ATRIAL FIBRILLATION is a heart rhythm problem.

The heart fails to contract properly.
It is important to treat AF and reduce risks.



WHY
is treating AF
so important?

AF can lead to:



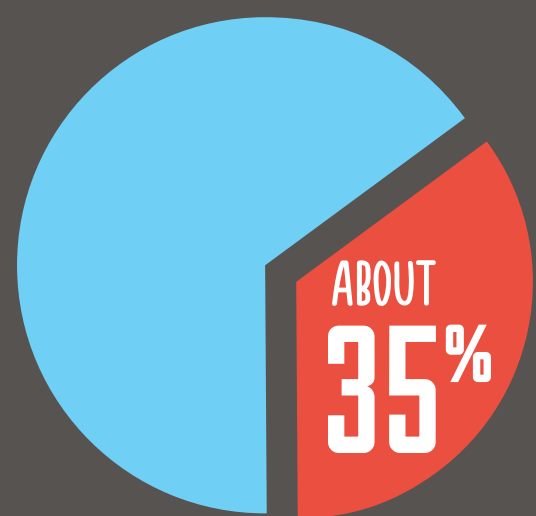
**Bothersome
Symptoms**



**Overworked
Heart**



**Possible
Stroke**



OF PEOPLE
WITH AF



go on to have a
stroke, often with
devastating
effects.

ABOUT
**1.7
MILLION
PEOPLE**

Worldwide are
killed or disabled
by AF-related stroke
each year.

If everyone with AF
took steps to reduce
risks, this number
would be **much
lower**.



Heart
with AF



5x
GREATER RISK
OF STROKE



**Normal
Heart**

**KNOW
THE FACTS**



**LOWER
YOUR RISK**

WHAT CAN I
DO TO REDUCE
MY RISKS?



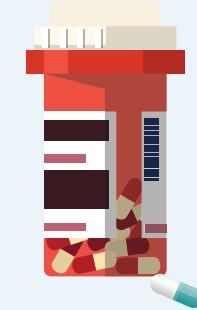
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**IMPROVE OVERALL
HEALTH**



2

**TREAT AF & ANY
RELATED CONDITIONS**



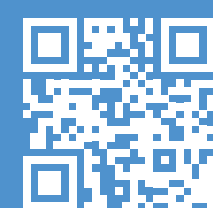
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**KNOW YOUR AF RISKS
& TAKE RISK-LOWERING
MEDS AS NEEDED**

Learn more at:

signagainststroke.com

SignAgainst
Stroke
in Atrial Fibrillation



StopAfib.org

Arrhythmia Alliance
Argentina



ASSOCIAÇÃO
BATE BATE
CORÇÃO

FUNDAÇÃO
UDARU
MÓZGU

SAFE
Stroke Alliance For Europe





ATRIAL FIBRILLATION

is a heart rhythm problem.

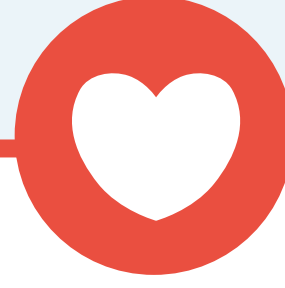


HOW
can I live
my best life
with AF?

Take these key steps and
invest in your own care:



**Be an active
participant
in your care**



**Treat AF &
any related
conditions**



**Improve
overall
health**

WHAT DO I NEED TO KNOW ???

TO LOWER RISKS &
GET THE BEST POSSIBLE CARE?



ACHIEVE YOUR HEALTHIEST LIFE! CHECK OUT THESE 5 GUIDES

Download at: www.signagainststroke.com



LEARN ABOUT AF

- ☐ Resolve your uncertainty
- ☐ Be an informed partner
- ☐ Discover your AF type and learn the words you may hear



LOWER STROKE RISKS

- ☐ Learn to calculate your risks
- ☐ Find out if risk-lowering medications are right for you
- ☐ Learn more about other ways to lower risks



ADVOCATE FOR YOUR BEST POSSIBLE CARE

- ☐ Understand your choices
- ☐ Define your role clearly
- ☐ Separate facts and feelings
- ☐ Pursue your best quality of life



ASK THE RIGHT QUESTIONS

- ☐ Be informed about issues
- ☐ Know what you can do
- ☐ Raise your odds for a better outcome



ACCEPT HELP FROM FAMILY AND FRIENDS

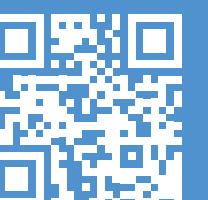
- ☐ Inform and invite your caring friends and family
- ☐ Find out how you can work together for a stronger, healthier care team



Learn more at:

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