CAUTIONING 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

Possible outcomes of AF:

- About 1.7 million people go on to have a stroke, often with devastating effects.

About 35% of people with AF go on to have a stroke, often with devastating effects.

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.

5x greater risk of stroke.

Heart with AF

Normal Heart

What can I do to reduce my risks?

1. Improve overall health.
2. Treat AF & any related conditions.
3. Know your AF risks & take risk-lowering meds as needed.

Learn more at: signagainststroke.com

©2015 by the Sign Against Stroke in Atrial Fibrillation Task Force.
**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:

1. Be an active participant in your care
2. Treat AF & any related conditions
3. 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**

- **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: signagainststroke.com

©2015 by the Sign Against Stroke in Atrial Fibrillation Task Force.