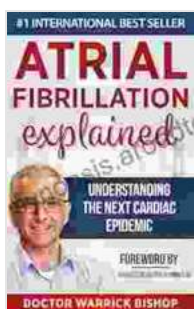


# Atrial Fibrillation Explained: Understanding The Next Cardiac Epidemic

Atrial fibrillation (AFib) is the most common type of irregular heartbeat. It affects more than 33 million people worldwide, and its prevalence is increasing. AFib can lead to serious complications, including stroke, heart failure, and death.



## Atrial Fibrillation Explained: Understanding The Next Cardiac Epidemic by Warrick Bishop

★★★★☆ 4.4 out of 5

Language : English  
File size : 12340 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 178 pages  
Lending : Enabled



This book provides a comprehensive overview of AFib, including its causes, symptoms, diagnosis, and treatment options. It is written in a clear and concise style, and it is packed with up-to-date information.

Whether you are a patient with AFib, a family member or friend of someone with AFib, or a healthcare professional who cares for patients with AFib, this book is an essential resource.

## Causes of Atrial Fibrillation

The exact cause of AFib is often unknown. However, there are a number of risk factors that can increase your chances of developing AFib, including:

- Age: AFib is more common in people over the age of 65.
- High blood pressure: High blood pressure can damage the heart muscle and lead to AFib.
- Heart disease: People with heart disease are more likely to develop AFib.
- Diabetes: Diabetes can damage the heart and blood vessels, which can lead to AFib.
- Obesity: Obesity can increase your risk of developing AFib.
- Alcohol use: Excessive alcohol use can damage the heart and lead to AFib.
- Smoking: Smoking can damage the heart and blood vessels, which can lead to AFib.

## **Symptoms of Atrial Fibrillation**

The symptoms of AFib can vary, depending on the severity of the condition. Some people with AFib may not have any symptoms, while others may experience:

- Palpitations: A feeling of fluttering or racing in the chest
- Chest pain
- Shortness of breath
- Fatigue

- Lightheadedness or dizziness
- Confusion
- Stroke

## **Diagnosis of Atrial Fibrillation**

AFib can be diagnosed with a variety of tests, including:

- **Electrocardiogram (ECG):** An ECG records the electrical activity of the heart. It can be used to diagnose AFib and other heart rhythm disorders.
- **Holter monitor:** A Holter monitor is a portable ECG device that records the electrical activity of the heart for 24 hours or more. It can be used to diagnose AFib that is not present during an ECG.
- **Echocardiogram:** An echocardiogram is an ultrasound of the heart. It can be used to assess the structure and function of the heart and to look for signs of AFib.

## **Treatment of Atrial Fibrillation**

The treatment of AFib depends on the severity of the condition and the patient's symptoms. Some people with AFib may not require treatment, while others may need medication, surgery, or a combination of treatments.

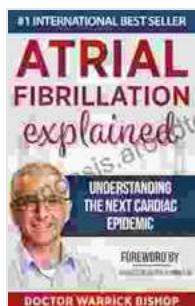
Medication can be used to control the heart rate and prevent blood clots. Surgery can be used to create a maze in the heart, which can block the electrical signals that cause AFib. A combination of treatments may be necessary for some people with AFib.

## Living with Atrial Fibrillation

Living with AFib can be challenging, but it is possible to live a full and active life. There are a number of things you can do to manage your AFib, including:

- Taking your medication as prescribed
- Following a healthy lifestyle
- Managing your stress
- Getting regular checkups

If you have AFib, it is important to work with your doctor to develop a treatment plan that is right for you. With proper treatment, you can live a long and healthy life with AFib.



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