

# Atrial fibrillation: Listen to Your Heartbeat

The most common abnormal heart rhythm



## 2%

of British population affected

Atrial fibrillation (AF) affects almost 2% of the British population and the number of cases could double within the next 50 years<sup>1</sup>

## 500%



greater risk of suffering a stroke

AF increases the risk of stroke by about 500%<sup>2</sup> and is the cause of half of all dangerous embolic strokes<sup>3</sup>

## Atrial fibrillation in the heart



The atria are affected by **abnormal electrical impulses** which cause the heart to beat irregularly



The blood pools in the heart and **can clot which could lead to a stroke**



On average, a diagnosis of AF is only reached **2.6 years after symptoms appear**<sup>4</sup>

## What are the risk factors?



AF affects nearly **twice as many men as women**<sup>5</sup>

Risk increases with age<sup>6</sup>:

**▲ 10%** +65 years old

**▲ 15%** +75 years old



Symptoms

High blood pressure  
Heart disease  
Chronic thyroid or lung illnesses



## It's in your hands



**Check your blood pressure**

Go to the doctor if your pulse is consistently **above 100bpm or below 60bpm**



**Moderate your alcohol intake**

**Stop smoking**

With each cigarette, **the blood pressure rises**



**Exercise and control your weight**

An **active lifestyle** helps keep your arteries clear