

# MANY OF YOUR PATIENTS ARE AT A HIGH RISK FOR AFIB & STROKE

#### **HOW CAN YOU HELP?**

- Discuss risk factors with your patients
- Assess patients for presence of symptoms that could be attributed to AFib
- Complete a radial pulse check
- · Perform a cardiac auscultation
- Obtain an EKG or rhythm strip
- Ensure you have a full health history, including previous TIA/CVA and PFO/ASD
- Use a visual tool (CHA<sub>2</sub>DS<sub>2</sub>-VASc) to help patients better understand their risk
- Discuss treatment options including anticoagulant, rhythm and/or rate control therapy

NVAF prevalence anticipated to **INCREASE** to

7.5 MILLION AFIB CASES IN 2018<sup>1</sup>



25–38% of the AFib Population is UNDIAGNOSED<sup>2,3</sup>

AFib patients have a **5-FOLD**HIGHER RISK OF DEVELOPING A STROKE



For those at risk for AFib,
IMPROVED PATIENT
OUTCOMES MAY INCLUDE:

#### **EFFECTIVE STRATEGIES:**

- Treatment of underlying risk factors
- Educating patients' families and caregivers
- Patient education materials (printed, digital)
- · Shared decision-making
- Quick access to follow-up test/procedures

#### TOOLS:

 Using and explaining the CHA<sub>2</sub>DS<sub>2</sub>-VASc tool

#### **RESOURCES:**

- Cardiac rehab
- Cardiology/Electrophysiology
- Dedicated staff member in the clinic who can field questions and provide support

<sup>&</sup>lt;sup>1</sup> Colilla S, Crow A, Petkun W, Singer DE, Simon T, Liu X. Estimates of current and future incidence and prevalence of atrial fibrillation in the U.S. adult population. Am J Cardiol. 2013;112(8):1142-7.

<sup>&</sup>lt;sup>2</sup> Friberg L, et al. Population screening of 75- and 76-year-old men and women for silent atrial fibrillation (STROKESTOP) 41TEuropace. 41T2013;43T1543T:135-40.

<sup>&</sup>lt;sup>3</sup> Honma K, Toyoda K, Takizawa S, et al. Abstract TP179: Atrial Fibrillation Unidentified Prior to Stroke/tia: Background Features, Stroke Severity and Outcome - The Samurai-nvaf Study. Stroke. 2014;45:ATP179.

<sup>&</sup>lt;sup>4</sup> Lin HJ, Wolf PA, Kelly-Hayes M, Beiser AS, Kase CS, Benjamin EJ, et al. Stroke severity in atrial fibrillation. The Framingham study. Stroke. 1996;27:1760-4.



# ARE YOU AT RISK FOR AFIB OR STROKE?

AFib (atrial fibrillation) is when your heart flutters, or beats unevenly. You might not know that you have it.

#### **CHECK OFF YOUR RISK FACTORS:**

- □ Age over 65
- □ High blood pressure
- □ Heart failure
- □ Heart disease
- □ Overweight or obesity
- □ Diabetes or high blood sugar
- □ Thyroid problems
- □ Kidney disease
- □ Heavy alcohol use



- □ Sleep apnea
- □ Not enough exercise
- □ Have had a heart attack
- □ Have had a stroke
- □ Recent heart surgery

WHAT CAN YOU DO?

□ Family members with AFib

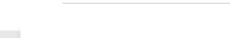


- ☐ Heart valve problems
- □ Lung problems
- □ Smoking
- Mental confusion
- Using recreational drugs
- □ Extreme stress



#### **CHECK OFF YOUR SYMPTOMS:**

- Heartbeat that is fast, fluttering or uneven
- Dizzy or faint feeling
- □ Feeling very tired, even after sleeping or resting
- Normal day-to-day activities are hard to do
- □ Feeling short of breath
- □ Chest pain or discomfort
- □ Swelling in the legs
- □ Feeling stressed



# Talk with your health care provider.

- Discuss your risk factors for AFib.
- Pay attention to your body. Look for new symptoms of AFib.
- Learn the symptoms of AFib and what to do if you experience them at home.

### How you can reduce your risk?

- Take an active part in your health.

## Ask to have your pulse checked.

 Learn how to check your pulse and check it regularly.

Ask about your risk of stroke and how you can reduce your risk.

AFIB CAN LEAD TO STROKE OR HEART FAILURE

No matter what risk factors you have, AFib can be controlled.

TREATMENTS MAY INCLUDE CHANGES TO YOUR LIFESTYLE, MEDICINES, AND/OR SURGERY



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