

WHAT IS ATRIAL FIBRILLATION (AFIB)?

AFib is an irregular and often rapid heart rhythm that occurs when one or both of the upper chambers of the heart experience chaotic electrical signals. AFib is the most common cardiac arrhythmia.



The most common **AFib** symptoms include:



- Heart palpitations



- Chest pain
- Pressure or discomfort



- Dizziness
- Sweating
- Anxiety



- Weakness
- Fatigue
- Shortness of breath

Treatment to restore a normal heart rhythm may include:



- Medication



- Implantable device



- Electrical cardioversion



- Ablation therapy

Risk factors for **AFib** include but are not limited to:

- Advanced age
- Obesity
- Sleep apnea
- Heavy alcohol use
- High blood pressure
- Diabetes
- Family history
- Smoking

Lifestyle choices to prevent and manage **AFib** include:

- Eat a healthy diet, high in fruits and vegetables and low in salt, saturated fats, trans fats and cholesterol
- Get regular exercise and maintain a healthy weight
- Don't smoke and avoid excessive amounts of alcohol and caffeine



Ask your physician about Acutus Medical's personalized approach for the treatment of **AFib**

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