



More walks...
and long talks.

Our cardiac and vascular clinic offers comprehensive, experienced and patient-centered care so you can get back to what matters most: Living your life.

WHAT IS ATRIAL FIBRILLATION?

Atrial fibrillation is a common irregular heart rhythm, also called A fib, in which the top chambers of your heart do not squeeze properly. This causes your heart rate to be irregular and may cause your heart to beat faster than normal. It also causes blood to be left behind in the top chambers, which may lead to

blood clots that can travel to your brain and cause a stroke. In some people, A fib may never go away, even with treatment and, in others, it can come and go. However, treatment is important to lower your risk of stroke and to control your symptoms if you have them.

WHO IS AT RISK FOR ATRIAL FIBRILLATION?

There are certain health conditions that can increase your chances of developing atrial fibrillation. The most common ones include:

- Older age
- Heart failure
- Previous heart attack
- Heart valve disease
- Lung disease
- Overactive thyroid
- Being overweight

WHAT ARE THE SYMPTOMS OF ATRIAL FIBRILLATION?

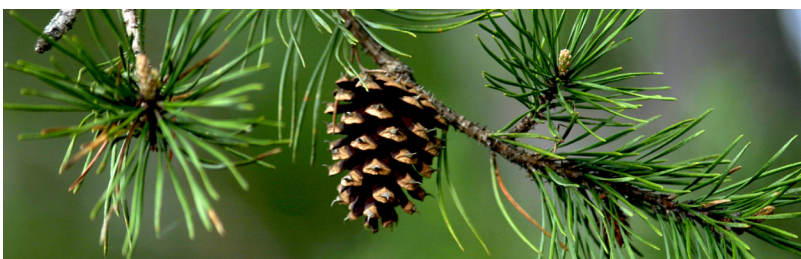
Some people may not experience any symptoms of atrial fibrillation. Others may experience:

- Heart racing or skipping beats
- Chest tightness or pain
- Fatigue
- Lightheadedness, dizziness or feeling like you may pass out
- Difficulty breathing

WHAT ARE SOME COMPLICATIONS OF ATRIAL FIBRILLATION?

Complications of atrial fibrillation include:

- Stroke
- Heart failure



WHAT ARE SOME OF THE TESTS FOR ATRIAL FIBRILLATION?

Tests for aortic atrial fibrillation include:

- ECG - Measures the electrical activity in your heart and will show any irregular rhythm.
- ZIO monitor - Small patch placed on your chest that allows your doctor to observe the electrical activity of your heart for a longer period – usually 7-14 days.

HOW IS ATRIAL FIBRILLATION TREATED?

What *you* can do:

Lifestyle modification can help reduce the risk of atrial fibrillation, these include:

- Exercise regularly
- Lose weight
- Avoid or limit caffeine and alcohol
- Treatment of high blood pressure or overactive thyroid
- Reduce stress

What *we* can do:

- **Medications** - Medications to control your heart rate and/or rhythm
- **Cardioversion** – Mild electrical current to make the heart rhythm normal again
- **Ablation** – Procedure using heat or cold to destroy a small part of the heart that is sending abnormal signals



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We also schedule office visits
in Alpena and Cadillac.