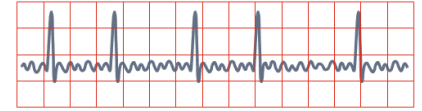


## IRREGULAR RHYTHM

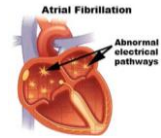


### What is atrial fibrillation?

Atrial fibrillation is the most common clinical irregular heartbeat. Its name comes from the words “atrium” meaning upper layer of the heart and “fibrillation” meaning shaking. In essence, the heart is not performing coordinated contractions. The telecommunications system of the heart control heart rate and rhythm. When a person suffers from atrial fibrillation, cardiac signals rapidly and erratically, which will lead to the decline in cardiac pump efficiency and thereby, increase the formation of blood clots and cause a stroke. Inefficient heart pumps can also lead to heart failure.

### What are the symptoms of atrial fibrillation?

While some people do not have any symptoms of atrial fibrillation, some people may feel palpitations - heart fluttering, fainting, and chest pain. Some would describe atrial fibrillation as irregular heartbeat, followed by nausea and rapid heartbeat. It has been described as difficulty breathing, even at rest.



### How does atrial fibrillation cause a stroke?

There is usually a significant increase in the risk of stroke (up to 5 times more than the average person) in patients with atrial fibrillation. There is an increased risk of clot formation. These clots can be moved to other parts of the body, such as the brain, leading to a stroke. Atrial fibrillation can cause the heart to overwork; after a long period of time, this can lead to heart failure.

### How to detect or diagnose atrial fibrillation?

Medical history and physical examination are crucial to diagnosis. Atrial fibrillation is often confirmed by electrocardiogram (ECG). If atrial fibrillation is noticed to be intermittent, then this condition is most likely not seen on a typical ECG recording. You may be advised to wear a small portable ECG instrument, known as a “holter,” which records ECGs for a period of 24-48 hours.

### How to treat AF?

Early detection and prompt treatment can significantly reduce the risk of stroke. Appropriate treatment can make irregular and abnormal heart rhythm back to normal. The main goal of treatment is to prevent rapid heartbeat and stroke.

A variety of drugs are used to control the heartbeat or rhythm of.

- Beta blockers, Calcium Channel Blockers, Digoxin
- Warfarin
- Xarelto, Pradaxa, Eliquis

Other treatment options include:

- Electrical Cardioversion
- Device Implant
- Ablation
- Cryoablation

