About atrial fibrillation

Atrial fibrillation (AF) is a common cardiac rhythm disorder characterized by an irregular and rapid heart rate. It affects millions of people worldwide and is associated with an increased risk of stroke, heart failure, and other complications. AF can be paroxysmal (episodic), persistent (ongoing), or permanent (un治able).

What is atrial fibrillation?

AF occurs when the muscle tissue in two upper chambers of the heart, called atria, begins to quiver instead of beating normally. This causes an irregular and fast heartbeat, which can reduce the heart's ability to pump blood effectively. AF is often asymptomatic, but some people may experience symptoms such as palpitations, shortness of breath, or fatigue.

How does atrial fibrillation affect you?

AF can lead to stroke, heart failure, and other complications. The risk of stroke is increased due to blood clots forming in the atria, which then can lodge in the blood vessels of the brain, causing a stroke. Other complications include heart failure, kidney failure, and an increased risk of death.

How can you manage atrial fibrillation?

Managing AF includes lifestyle changes, medication, and sometimes surgery or other procedures to control the heart's rhythm or prevent blood clots. Regular exercise, a healthy diet, and avoiding smoking and excessive alcohol can help manage AF.

Atrial fibrillation: a high-priority health concern

Atrial fibrillation can be a serious and costly health condition. While medications and lifestyle changes can help manage AF, some people may require additional treatment, such as surgery or other procedures. Regular monitoring and follow-up care are essential for people with AF.

This report does not make any specific recommendations for the prevention or treatment of atrial fibrillation. However, it does provide information on the importance of managing AF and the potential benefits of early detection and treatment. As always, it is important to consult with your healthcare provider for personalized advice and treatment options.

Learn more on our website about the Health and Wellness section.

The Health and Wellness section of the website includes information on various health topics, including atrial fibrillation. You can explore resources and articles related to AF to learn more about its causes, symptoms, management, and prevention.