

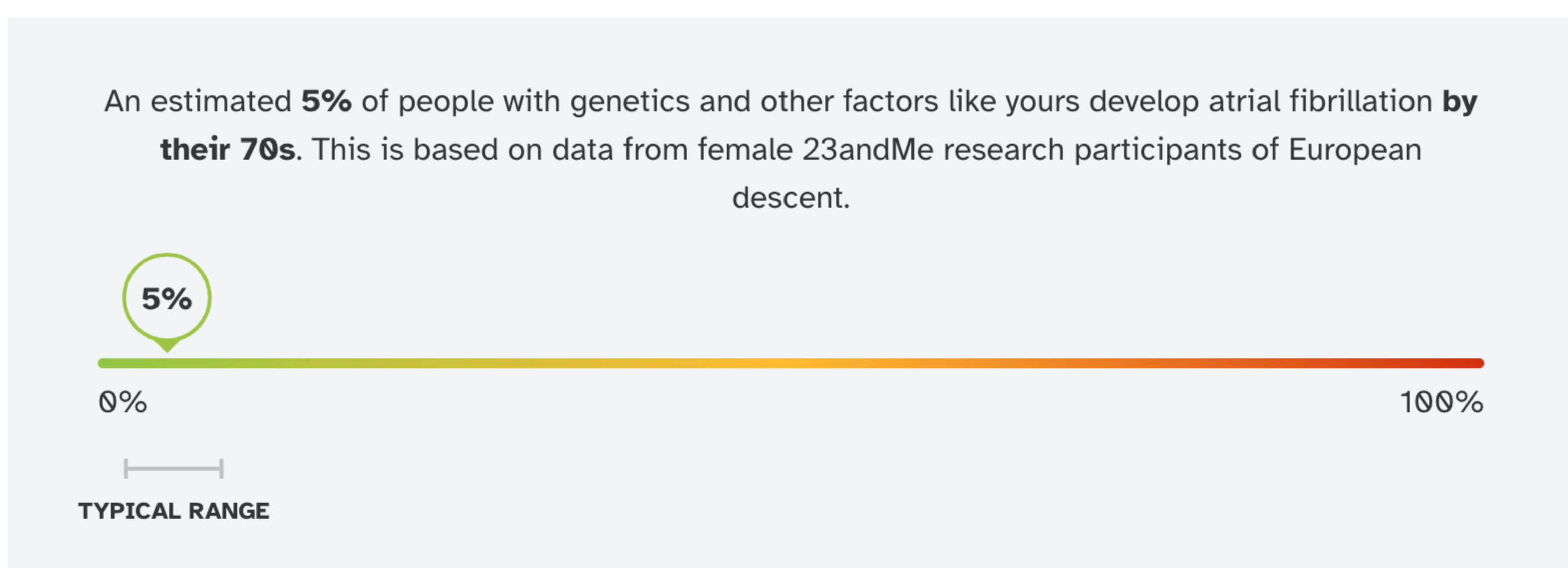
Atrial Fibrillation

POWERED BY 23ANDME RESEARCH

Atrial fibrillation, sometimes called AFib or AF, is a common type of arrhythmia, or irregular heartbeat. It occurs when the atria (the two upper chambers of the heart) beat irregularly. People with atrial fibrillation have a higher risk for blood clots, stroke, and heart failure.



Jamie, your genetic result is associated with a **typical likelihood** of developing atrial fibrillation.



This estimate is based on currently available data and may be updated over time.

Ways to take action

Your overall likelihood of developing atrial fibrillation also depends on other factors, including lifestyle. Experts agree that healthy lifestyle habits can help lower the chances of developing this condition.

- Maintain a healthy weight
- Avoid smoking
- Limit alcohol consumption



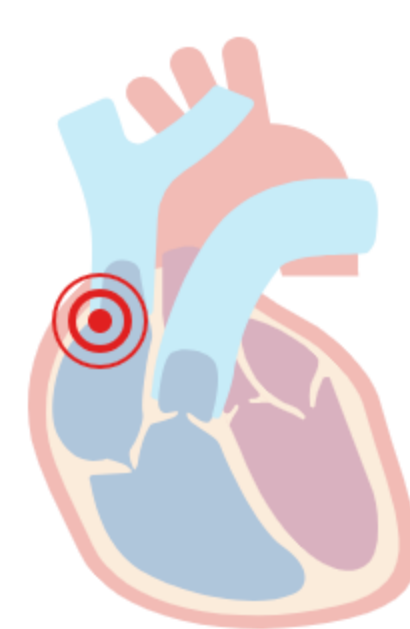
[Learn more from the American Heart Association](#)

About atrial fibrillation

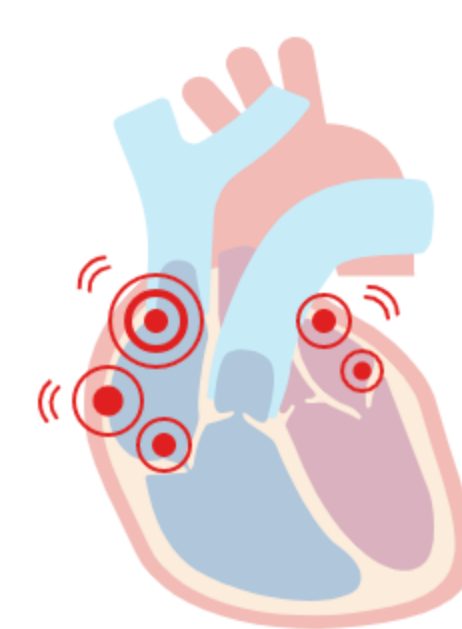
What is atrial fibrillation?

Normally, the two upper chambers of the heart (the atria) pump blood into the two lower chambers of the heart (the ventricles) at a steady beat. Then the ventricles pump blood to the rest of the body.

Atrial fibrillation occurs when the atria beat fast and irregularly, which causes the atria and the ventricles to be uncoordinated. This can lead to heart palpitations (feelings of the heart fluttering, pounding, or skipping a beat). In addition, when the atria beat irregularly, they can't pump blood effectively into the ventricles, so the ventricles may not pump as much blood to the rest of the body. This can lead to dizziness, fatigue, or chest pain.



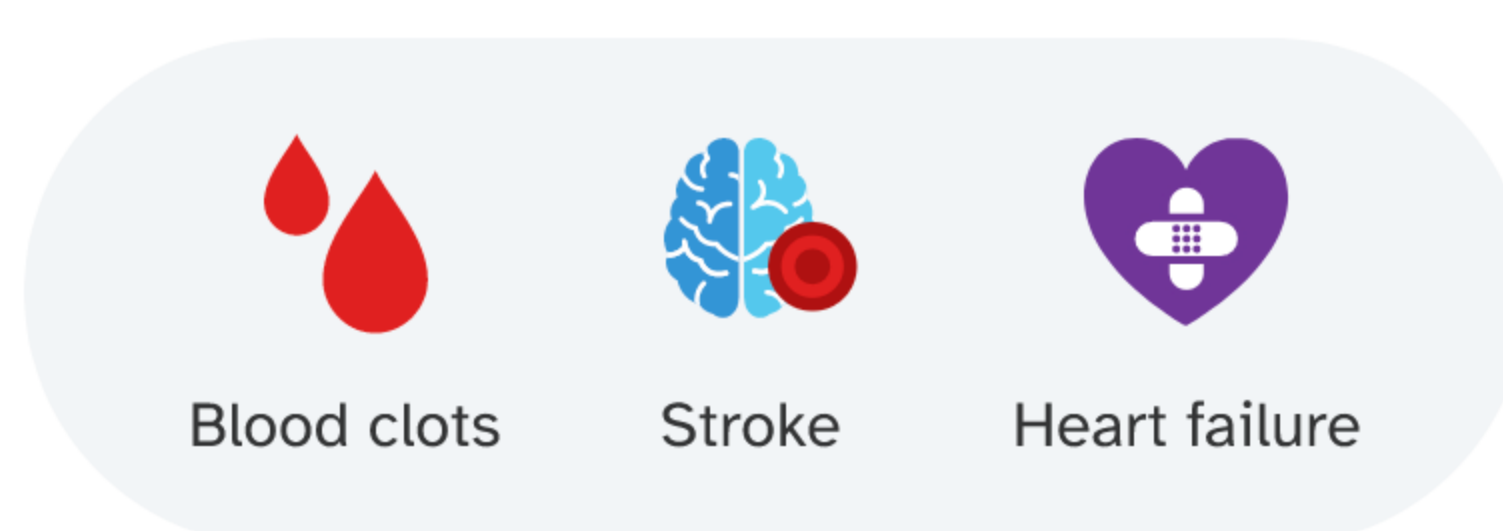
Normal heart rhythm



Atrial fibrillation

How can atrial fibrillation impact your health?

When the heart is not pumping properly, blood can pool in the atria. This increases the risk for blood clots, which can lead to a stroke. Additionally, atrial fibrillation may weaken the heart muscles, which can lead to heart failure.



Other factors that can impact your chances of developing atrial fibrillation

It is estimated that up to six million Americans have atrial fibrillation. Besides genetics, weight, and lifestyle, some factors that can increase a person's chances of developing atrial fibrillation include:

- Age (this condition becomes more common as people get older)
- Family history of atrial fibrillation or a related arrhythmia called atrial flutter
- Certain health conditions (including high blood pressure and overactive thyroid)
- Currently taking certain medications



Age



Family history



Certain health conditions



Certain medications

Keep in mind

This report **does not diagnose** atrial fibrillation. It also does not provide information about or diagnose other types of irregular heartbeats (arrhythmias). **Consult with a healthcare professional** if you are concerned about your likelihood of developing atrial fibrillation, have a personal or family history of atrial fibrillation or atrial flutter, or before making any major lifestyle changes.



If you have already been diagnosed with atrial fibrillation by a healthcare professional, it is important to **continue any treatment plans** that they prescribe, including medications and lifestyle modifications.



The likelihood of developing atrial fibrillation also depends on **other factors**, including age, weight, and family history.



This report **does not account for every possible genetic variant** that could affect your likelihood of developing atrial fibrillation, and it **does not include rare genetic variants that have a large impact** on the likelihood of developing this condition.



This report is based on a genetic model **created using data from 23andMe research participants**. It has not been clinically validated and should not be used to make medical decisions.

[How we got your result](#)



Give the gift of DNA discovery.

Gift a kit

Refer friends, earn rewards.

Get reward

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RESEARCH

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FAMILY & FRIENDS

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