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## American heart association atrial fibrillation guidelines 2017

Atrial fibrillation is a heart rhythm disorder that causes fast and uninterrupted heartbeats. The heart is a muscle that has four spaces where blood flows. Both upper rooms are atria. Both lower spaces are ventricle. Start fibrillation Atrial Assessment (Afib) is a serious heart condition that affects millions in the United States, where the upper and lower spaces of the heart don't cooperate properly. Afib may occur from time to time, or it may be a frequent problem that requires evaluation and treatment. If you or someone you like to have an irregular heart rate, equipping yourself with the facts can help make sense of this heart condition. With effective treatment, a person with an afib can lead an active and full life. Take this quiz to find out how much you know about afib. Last Updated: 5/21/2015 Atrial Fibrillation is also known as Afib is a condition that occurs when the heart beats regularly. In most cases, you may feel fast or unevenly heartbeat. Although it is not often a fatal issue, atrial fibrillation will result in many serious complications such as heart disease or stroke if left untreated. To mitigate the risk, you can identify this issue at home by checking the pulse and checking whether it is in order. In addition, pay attention to the following 10 signs and inform your doctor for an accurate diagnosis. Dizziness 1Dizziness or head can be a common symptom in people with atrial fibrillation. This is because your heart is unusually hungry, leading to unstable blood flow to your brain. These signs can be frightening and dangerous, but some treatments are available to deal with it. Be sure to visit your doctor as soon as possible to reduce the condition and reduce the risk of further complications. When you feel dizzy or beheaded, sitting or lying down immediately can provide temporary relief. [1] Page 2 Atrial Fibrillation is the most common form of heartbeat or cardiac arrhythmias. This condition will interfere with normal blood flow in your body and increase the risk of stroke or blood clots. With atrial fibrillation, both upper spaces of the heart can be severely affected. If left behind, it will be life-threatening. This health issue will come and go with temporary or possibly permanent effects. But with proper medical care, you will still lead an active and normal life. Read on to learn about 10 common treatment options for atrial fibrillation. 1Fresh Produce To increase atrial fibrillation with your diet, be sure to add more fresh produce such as vegetables and fruits. This food contains many antioxidants that might protect your body from diseases Heart. Go for light-colored vegetables or fruits to enjoy the most benefits. These may include peppercorns, skuas, leafy green vegetables, citrus fruits, plums, epal, and berries. Frozen options can also be eaten when your favorite foods aren't in season. As a rule, make sure 50% of the plate contains fresh produce. Fresh. It is best to avoid fruits with sugar or syrup. [1] Health Calculator The Symptoms Examiner This message is for shared support and information sharing only. Always consult your doctor before trying whatever you read here. Your comment on this answer: Your comments about this answer: You may not feel it happens, but if the heart atria doesn't beat properly you can be in danger of a stroke. Your heart has four compartments. The top two are atria; the bigger two below are ventricle. Atria is an anteroom of a heart pump house, each capable of holding just a few ounces of blood at a time. What is Afib? Atrial fibrillation (Afib) is a heart rhythm abnormality caused by problems with the electrical system of the heart. Usually, the cardiac electricity flows from the upper space (atria) to the bottom (ventricles), causing a normal contraction. In atrial fibrillation, the chaotic electricity flow causes heartbeat to become irregular and fast. Atrial fibrillation causes an orderly heart rate. If you check your pulse, you will often feel fluttering. When new atrial fibrillations start or are less controlled by medications, you will often feel your heart racing. This fast and abnormal heart rate can be harmful if not treated and controlled quickly. With Afib, the heart rate is so fast and irregular, blood may not be adequately pumped throughout your body. When the heart is vertical with normal rhythm, the electricity flows from the upper part of the heart to the bottom of the heart, causing the heart muscle to contract and move the blood through the body. In Afib, electricity flows chaos and the basement of the heart contract on an orderly basis. One of the symptoms of Afib hallmark is the so-called fluttering or fibrillation. If your heart goes into atrial fibrillation you may experience dangerous and scary symptoms. Afib can cause symptoms such as: Dizziness of breathlessness of fatigue chest pain or atrial fibrillation exercise fatigue is a risk factor for stroke. About 15 percent of everyone who suffers from a stroke has Afib. Because of the streamless and chaotic blood flow through the heart, small blood clots can form in the heart space when you have atrial fibrillation. This freezing can travel through the bloodstream to the brain, causing a stroke. This is why people with chronic Afib are usually on blood thinning medications. If you think you suffer from atrial fibrillation and have chest pain, feel faint, a very fast heart rate (more than 100 beats per minute), or have any signs or symptoms of a stroke, call 911 immediately or have someone call 911 for you. Atrial fibrillation common problems. What causes Afib? Risk factors for Afib include: Uncontrolled hypertensive hypertension problems heart valve problems coronary artery alcohol abuse Obesity Sleep apnea disorders Thyroid Thyroid Family history of atrial fibrillation is a powerful risk factor for you to develop it as well. Your risk of getting Afib also increases with age, and white men have a higher incidence of atrial fibrillation. There are several risk factors for atrial fibrillation that are in your control. Maintain a healthy lifestyle and watch your weight. Quit smoking and limit alcohol consumption. Do not use illegal medications and be careful if you use certain prescription drugs such as albuterol or other stimulants. Talk to your doctor if you are prescribed these medications and have concerns. One of the risks of undergoing open heart surgery or coronary artery bypass surgery (CABG) is atrial fibrillation. Your doctor will work to control or correct it because it can lead to other complications. Atrial fibrillations occur in young people (less than 60 years old), with no apparent reason called lone Afib. Lone Afib can be triggered by exercise, eating, sleeping, and alcohol. Sometimes it comes and goes alone and may not require immediate treatment. Consult your doctor. Wondering how to diagnose Afib? Your doctor will diagnose atrial fibrillation on electrocardiograms (EKG). This heart detection shows different patterns in the heart electricity that your doctor can diagnose. If your Afib comes and goes, you may need to wear a constant heart monitor (Holter Monitor) to diagnose abnormal rhythms. How is Afib diagnosed? Once the atrial fibrillation is confirmed or suspected your doctor will perform further tests to check your heart muscle and heart valve and to screen blood clots. These tests include echocardiograms (heart ultrasounds) or stress tests or perhaps even catheterization to check blood vessels for the reef. Atrial fibrillation can come and go it alone or last for the rest of your life. When Afib came and went within minutes to a few hours it was considered Afib paroxysmal. Irregular rhythms from atrial fibrillation may begin to last longer and longer or cause worsening symptoms in which they need to be treated and controlled. In some cases, atrial fibrillation can be corrected with an electric shock to the heart called cardioversion. In severe emergency cases, this may be the only option to control Afib. Medications can also try to do your cardioversion of heart rhythm. If your Afib has been going on for more than 48 hours, you may not be a candidate for cardioversion because your risk of having blood clots that can lead to an increased stroke. Patients with atrial fibrillation are usually prescribed a combination of drugs to prevent complications. Afib medications may include blood thinners or anti-clotting drugs to help prevent the risk of stroke. Medications control the rate that your heart beats keeping the heart from beating too fast. Some medications are specifically designed to control the electric rhythm of the heart, keeping it from becoming more organized and chaotic. In for example, medications or cardioversion cannot effectively control your atrial fibrillation. Specially trained cardiologists (called electrophysiologists) can perform a surgical procedure called ablation to fibred your atrial fibrillation. Radiofrequency ablation is carried out through a catheter thrown into your liver to send low voltage, high frequency electricity into your heart area which causes unregulated electrical rhythms. This destroys a small amount of tissue that causes abnormal heart beats and can cure Afib. In some cases, surgery on your heart may be required to treat your Afib. Maze Procedure is a type of surgery where small cuts are placed in the upper space of the heart (atria) to help electrical redirects become commonplace. This procedure can also be performed through small incisions or cateters threaded into the liver. In rare conditions, after ablation to treat your atrial fibrillation, your doctor may need to plant pacemaker. Pacemakers themselves are not designed to treat atrial fibrillation. They are mainly used to correct slow heartbeats. Pacemakers for Afib can be placed if the patient suffers from a slow heart rate (bradycardia) that causes symptoms. Discuss the results of your heart treatment with your cardiologist. If your atrial fibrillation is well controlled, or corrected with a heart procedure, you may not have any variable symptoms from your Afib. Some people with chronic Afib should be maintained on medications and blood thinners for the rest of their lives. The side effects of these medications may cause long-term complications. Discuss your medications with your cardiologist to see the limitations that can cause your lifestyle. Keeping yourself healthy and changing bad lifestyle habits is an important way to lower your risk for atrial fibrillation. Exercise regularly, quit smoking, keep your blood pressure under control, and eat a nutritious diet low in fat and salt to reduce the risk of heart problems. The National Stroke Association suggests everyone over the age of 40 is examining their pulse once every month. There is an initiative called Check Your Pulse aimed at identifying abnormal heart rate and patients with early unagagned atrial fibrillation. What does Afib feel like? It may feel like a skipped heartbeat, a thud, or a heart of racing. You may feel heart racing. See your doctor if you have these symptoms. Doctors can tell whether you are suffering from atrial flutter vs. Afib, signs and symptoms of Afib, Afib with RVR (fast ventricle response), or some other heart condition altogether. RVR with Afib means that under the heart, ventriculation, beat too fast because of Afib. 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National Stroke Association: Controlled Risk Factors – Atrial Fibrillation StopAfib.org: How to Know It's Atrial Fibrillation. WomensHeart.org: Pulse Check. UpToDate: Epidemiology and Risk Factors for Atrial Fibrillation, Atrial Fibrillation Mechanism, Overview of Atrial Fibrillation, Patient Information: Radiofrequency catheter ablation for the heart (Beyond the Basics), Paroxysmal Atrial Fibrillation, The Role of Pacemakers in The Prevention of Atrial Fibrillation, Surgical Approach to Preventing Atrial Fibrillation View additional information: THIS TOOL DOES NOT PROVIDE MEDICAL ADVICE. It is intended for general information purposes only and does not address individual circumstances. It is not a substitute for professional medical advice, diagnosis or treatment and cannot rely on making decisions about your health. Don't ignore professional medical advice in seeking treatment because of something you've read on the eMedicineHealth Site. 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