

# AFib can happen to anyone.

**What is AFib?** AFib is a heart rhythm problem that may or may not be noticeable as a racing, pounding or fluttering sensation.  
(or Atrial Fibrillation)

## What are the symptoms of AFib?

Common symptoms may include:



Racing heart,  
fluttering or  
palpitations



Fatigue,  
shortness of  
breath



Lightheadedness



or no  
noticeable  
symptoms  
at all



**Get regular checkups.**

It's important to listen to your heart. If you think you may have AFib, talk with your health care professional and find out what you can do to lower your risk for stroke.

## People with AFib are at greater risk for stroke.



AFib is linked with a

**5x**  
— HIGHER —  
**STROKE**  
**RISK**



Compared with white people, Black people are about one-third less likely to be aware they have AFib.

## Many people with AFib benefit from stroke protection.

If you have AFib, chances are **you** need protection.



**Anticoagulant  
medications  
lower risks**



Discuss your risk calculations (CHA<sub>2</sub>DS<sub>2</sub>-VASc) with your health care professional.

Visit [heart.org/AFib](https://heart.org/AFib) to learn more about AFib symptoms and stroke risk.