



Simplifying Your Atrial Fibrillation (AFib) Treatment Plan

Take an active role in your health care by using this tool to help you discuss appropriate treatment options with your health care professional.

How can I prevent a stroke?	Based on	CHA ₂ DS ₂ -VASc Risk Factors Congestive heart failure Hypertension (high blood pressure) Age (75 or older) Diabetes Stroke (prior episode) Vascular disease (such as peripheral artery disease, heart attack, coronary artery disease or aortic plaque) Age (65–74) Sex category (female)	Will I need?	Shared Decision-Making It's important to talk to your health care professional about medications and lifestyle changes to prevent stroke in AFib. Risk Factor Management Risk factors: obesity, sleep apnea, physical activity, hypertension (high blood pressure), diabetes, excess alcohol, smoking, coronary artery disease, heart failure FDA-Approved Anticoagulants
	No	Monitor the situation.		Follow-up Regular checkups to prevent heart failure and stroke.
Does my	Yes	Pursue heart rate control.		Medications
heart rate or rhythm	r		ſ	Medications
need				Cardioversion
treatment?	Yes	Pursue heart rhythm control.		Catheter Ablation Procedures May be discussed if the above don't work.
				Surgical Procedures May be combined with other surgeries.

It's important to take risk reduction measures even though no method or treatment can guarantee prevention. Know the warning signs for stroke and call 911 immediately if you experience them.

The American Heart Association and StopAfib.org are collaborating to support atrial fibrillation patients.