

## Welcome to the Clot Wise Education Program!

You may have just been diagnosed with **atrial fibrillation (AFib)**, or simply need a refresher about what it is. But no matter your level of knowledge, the goal is to help you learn more about what's happening in your body.



So, what is AFib really, and what does it mean for your health?

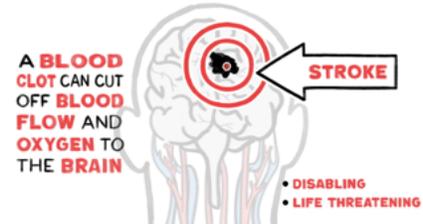


AFib is the **most common type of irregular heartbeat**. It affects **up to 6 million men and women in the US alone**. It's often not possible to know the exact cause of AFib. But common risk factors include **older age, heart disease, or other chronic conditions like diabetes or sleep apnea, high blood pressure, being overweight, or a family history of AFib**.

People with AFib have disorganized electrical signals in the heart. This causes the upper and lower chambers—the atria and the ventricles—to beat out of sync. This may feel like your heart is fluttering or racing. However, people with AFib often feel no symptoms at all.

**IN AFib**  
BLOOD DOESN'T GET PUMPED THROUGH THE HEART ALL THE WAY  
THIS CAN CAUSE BLOOD TO POOL AND CLOT

What happens in AFib is that blood doesn't get pumped through the heart all the way. This can cause blood to pool inside the atria, where blood clots can form. If a **blood clot gets pumped out of your heart, it can travel through your bloodstream to your brain**.



But while AFib may seem like it is primarily a heart problem, by itself it's not usually life-threatening. The greater concern is actually the risk of stroke. In fact, people with AFib are **five times** more likely to have a stroke than people without AFib. Not only that, **AFib-related strokes are deadlier** than strokes not caused by AFib, and **the risk of having one increases over time**.



## TREATMENT GOALS FOR AFib

- RETURN HEART RATE & RHYTHM TO NORMAL
- STROKE PROTECTION

In general, there are two treatment goals for AFib. One is to return your heart rate, heart rhythm, or both to normal. Another way to correct your heart rate and rhythm is through certain procedures.

But the primary goal of treatment is to make sure you're protected from having a stroke. This can be done with a blood thinner.

So, how do blood thinners work? Unlike their name suggests, they don't actually thin the blood. Instead, they work by lowering the blood's ability to form clots.

**PRIMARY GOAL**  
MAKE SURE YOU'RE  
PROTECTED FROM  
**HAVING A  
STROKE** 



And what about aspirin? As of 2019, the American Heart Association no longer recommends it to prevent AFib-related stroke, even for people with a very low risk.

Now you know more about AFib, the risk for stroke, and some treatment options. **The last important point to remember is that AFib and its related stroke risk is manageable with treatment.**



**ASK YOUR DOCTOR ANY QUESTIONS YOU HAVE  
ABOUT WHAT YOU LEARNED HERE TODAY**

To learn more about AFib, stroke risk, and treatment options visit [www.ClotWise.com/AFib](http://www.ClotWise.com/AFib) or scan the QR code to visit the website:

