

**MEDICARE**  
T.P.A Services (I) Pvt. Ltd.

**HEALTH AWARENESS DEPOT**  
**FOR**  
**THE MONTH OF SEPTEMBER**

Normal  
September is AF Awareness Month!  
Atrial Fibrillation

Over 2.5 million adults experience a feeling, fluttering, pounding or flopping feeling, but many do not know it's called Atrial Fibrillation - which increases stroke risk by 500%

*Never miss a heart beat. Restore your life and freedom. Stop Atrial Fibrillation.*

## September is Atrial Fibrillation Awareness Month

### Atrial fibrillation or Flutter

Atrial fibrillation or flutter is a common type of abnormal heartbeat. It is the most common arrhythmia (cardiac rhythm disturbance). The heart rhythm is fast and irregular in this condition.

#### The problem:

-  Atrial fibrillation can also increase the risk of stroke fivefold.
-  The condition can have a significant negative impact on an individual's quality of life, causing heart palpitations, chronic fatigue, and debilitating pain.
-  Many individuals living with Atrial fibrillation have no symptoms and are unaware of their condition until they are suffering from complications, which may require emergency treatment.

#### Causes:

Common causes of Atrial Fibrillation include:

-  Alcohol use (especially binge drinking).
-  Coronary artery disease.
-  Heart attack or heart bypass surgery.
-  Heart failure or an enlarged heart.
-  Heart valve disease (most often the mitral valve).
-  Hypertension.
-  Medicines.
-  Overactive thyroid gland (hyperthyroidism).
-  Pericarditis.
-  Sick sinus syndrome.

#### Symptoms:

Symptoms may include:

-  Pulse that feels rapid, racing, pounding, fluttering, irregular, or too slow.
-  Sensation of feeling the heart beat (palpitations).
-  Confusion.
-  Dizziness, light-headedness.
-  Fainting , Fatigue
-  Loss of ability to exercise.
-  Shortness of breath.

## Prevention:

To prevent atrial fibrillation, it's important to live a heart-healthy lifestyle to reduce your risk of heart disease. A healthy lifestyle may include:

-  Eating a heart-healthy diet.
-  Increasing your physical activity.
-  Avoiding smoking.
-  Keeping a healthy weight.
-  Limiting or avoiding caffeine and alcohol.
-  Reducing stress, as intense stress and anger can cause heart rhythm problems.
-  Using over-the-counter medications with caution, as some cold and cough medications contain stimulants that may trigger a rapid heartbeat.

## What Can Be Done?

-  Right information: By raising awareness, providing the latest news and information, and encouraging understanding and involvement, helps patients and families to proactively manage atrial fibrillation.
-  Right provider: Because atrial fibrillation is complex, progressive, and difficult to treat, atrial fibrillation patients must have timely access to physicians who specialize in diseases of the heart, especially the heart's electrical system.
-  Right care: Proper and consistent care can decrease the human and financial toll. Many atrial fibrillation patients may not be receiving appropriate treatment with the right set of guidelines to minimize their risk of stroke.

As growing numbers of patients with atrial fibrillation overtax our medical systems and contribute to ballooning Medicare costs, with the right information, the right provider, and the right care, the risk of a costly Medicare meltdown may be averted.

## What to do:

-  Raise awareness of atrial fibrillation so that it gets diagnosed and treated early.
-  Educate patients about their disease and facilitate sharing of patient experiences to improve quality of life and quality of care.
-  Help patients find specialized care to manage their disease.
-  Support communications and partnerships between patients and their doctors.
-  Wipe out atrial fibrillation-related strokes.

## Treatment options:

-  Medications.
-  Nonsurgical procedures.
-  Surgical procedures.

## Reference Links:

-  <http://www.stopafib.org/newsitem.cfm/NEWSID/188/atrial%20fibrillation%20month/awareness%20of%20life-threatening%20irregular%20heartbeat>
-  <http://www.mayoclinic.org/diseases-conditions/atrial-fibrillation/basics/prevention/con-20027014>
-  <http://www.nlm.nih.gov/medlineplus/ency/article/000184.htm>
-  [www.hrsonline.org](http://www.hrsonline.org)

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