

Managing Atrial Fibrillation

Take Control of Your Heart Rhythm!



Find and Treat Cause

- ? Thyroid / electrolyte imbalance / diabetes → **lab work**
- ? Hypertension → **blood pressure log**
- ? Heart vessel blockage → **stress test**
- ? Heart valve problem → **echocardiogram**
- ? Sleep apnea → **sleep study**
- ? Obesity → **diet / exercise / weight loss**
- ? Alcohol / caffeine / stimulant → **cut back**



Control Heart Rate

Medications

- Beta-blockers (ex. metoprolol)
- Calcium-channel-blockers (ex. diltiazem)
- Digoxin
- Antiarrhythmics (ex. sotalol) if your doctor says you would do better in normal rhythm

Target heart rate < 100 bpm

Confirm with 24-hour **Holter** monitor



Prevent Stroke

Blood thinners

- Warfarin
- Direct anticoagulants (Pradaxa, Xarelto, Eliquis)

For **lower risk** patients

- Aspirin
- No medication