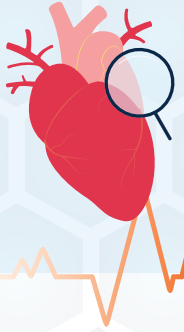


Atrial Fibrillation and Anticoagulants: What Do I Need to Know?



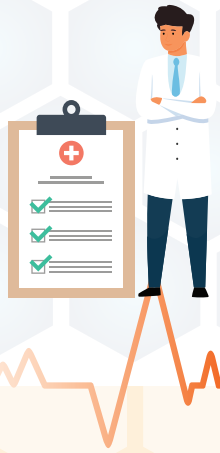
What is atrial fibrillation?

- Atrial fibrillation (AFib) is a quivering or irregular heartbeat, or arrhythmia
- People with atrial fibrillation may feel their heart flip-flopping or skipping a beat, or may feel nothing at all
- This irregular heartbeat can cause blood to pool and form a clot, which can result in a stroke
- 15% to 20% of individuals who experience a stroke have atrial fibrillation



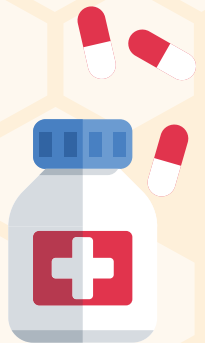
How can I ensure that I am protected from atrial fibrillation?

- Individuals with certain health conditions (such as hypertension, diabetes, chronic kidney disease, among others) are at higher risk for the development of atrial fibrillation
- Modifiable lifestyle factors also can contribute to the development of atrial fibrillation (such as alcohol use, smoking, and physical inactivity)
- Talk to your doctor about your risk factors and whether you should be screened
- If you are diagnosed with atrial fibrillation, talk to your doctor about medications that can help prevent blood clots from forming and whether you need one



What medicines can help prevent stroke if I am diagnosed with atrial fibrillation?

- Medications called blood thinners or anticoagulants can help prevent stroke in people with atrial fibrillation
- If your doctor starts you on one of these medications, it is important to take it every day as prescribed to prevent a stroke
- If you have trouble obtaining or taking your medication every day, be sure to discuss this with your doctor



If any of the following are interfering with you taking your blood thinner daily, discuss them with your doctor, who can provide additional guidance or alternative medication options:

- ✓ Access to food
- ✓ Consistent diet
- ✓ Medication storage
- ✓ Medication cost
- ✓ Transportation