

# Atrial Fibrillation can happen to anyone.

## What is AFib? (or Atrial Fibrillation)

AFib is the most common type of irregular heartbeat. It may or may not be noticeable as a racing, pounding or fluttering feeling. Or, it may have no noticeable symptoms at all.

## What are the symptoms of AFib?

Common symptoms may include:



Racing heart, chest fluttering, palpitations or pressure



General fatigue or fatigue when exercising



Shortness of breath and anxiety



Chest pain or pressure (This is a medical emergency. You may be having a heart attack. **Call 911 right away.**)



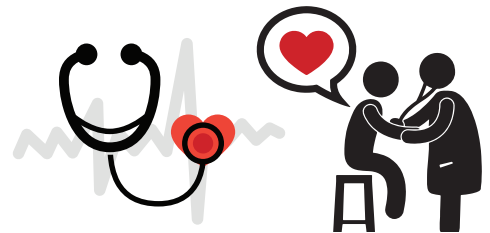
Weakness or dizziness



Faintness or confusion



Sweating



### Get regular checkups.

It's important to listen to your heart. If you think you may have AFib, talk with your health care professional. Find out what you can do to lower your risk for stroke.

## People with AFib are at greater risk for stroke and heart attack.



AFib is linked with up to

**5x**  
— HIGHER —  
**STROKE RISK**

And the risk increases with age.



The 2021 ARIC study found that 1 in 5 Black Americans will develop AFib in their lifetime.

Visit [heart.org/AFib](https://heart.org/AFib) to learn more about AFib symptoms and stroke risk.

## Many people with AFib benefit from stroke protection.

If you have AFib, you will likely need to manage and treat stroke risk factors.



Anticoagulant medications are blood thinners that help prevent blood clots and lower these risks.



Discuss your risk factors and the best treatment options with your health care professional.

**HCA**  **Healthcare®**  
**FOUNDATION**

The HCA Healthcare Foundation is the national sponsor of Getting to the Heart of Stroke™.