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The beginning of the evaluation of atrial fibrillation (Afib) is a serious heart disease affecting millions in the U.S., in which the upper and lower chambers of the heart do not work together properly. Afib may occur from time to time, or it can become a frequent problem that requires evaluation and treatment. If you or someone you love has an irregular pulse, arming yourself with facts can help sort out this state of heart. With effective treatment, a person with an Afib can live an active, full life. Take this quiz to find out how much you know about Afib. Update: 5/21/2015 Atrial fibrillation, sometimes called AFib or AF, is the most common type of cardiac arrhythmia. Arrhythmias occur when the heart beats too slowly, too fast, or irregularly. In AFib, the two upper chambers of the heart beat irregularly. This leads to the fact that the lower chambers of the heart are not filled with blood properly. While some people with atrial fibrillation experience no or few symptoms, the event can cause palpitations, frivolity, dizziness, shortness of breath, poor tolerance to exercise, and chest discomfort. Knowing the warning signs can help people seek medical help quickly and avoid complications. Many factors can put a person at a higher risk of atrial fibrillation. Getting old is one of the biggest risk factors; nine percent of people aged 65 and over have a condition. High blood pressure and obesity also significantly increase the risk of developing AFib. Other risk factors include previous heart failure, Ischemic Heart Disease. A natural pacemaker called a sinus node regulates the heartbeat. When a person has an AFib, pulses that tell the upper chambers to contract arise from parts of the heart other than the Chinese node. This causes chaotic strokes in the atria that a person with AFib perceives as a rapid heartbeat. These strokes can be uncomfortable and can be described as a racing sensation, an out-of-sync feeling, or even a flip flop in the chest. kpicoo / Getty Images Atrial fibrillation can cause the heart to pump blood inefficiently, leading to general weakness and fatigue. Although high blood pressure is a risk factor for atrial fibrillation, irregular heart pumping can also lead to an unsafe sudden drop in blood pressure or contribute to persistent low blood pressure. It can make a person feel their energy levels are low. Cecilee\_Arcurs/Getty Images Ineffective heartbeats cause circulatory disorders. This means that parts of the body may not receive adequate blood supply. Without a fresh oxygen supply of blood to the muscles, a person may feel tired and out of workouts that are not usually challenging. The heartbeat can also cause anxiety during exercise, scaring all other runners and bikers into stopping their workouts early. Svetikd/Getty Images Failures and spikes in blood pressure due to atrial fibrillation can cause severe bouts of dizziness or frivolity. These feelings can be unpleasant and may prevent a person from concentrating on their work or doing other necessary tasks. Feeling dizzy can also prevent a person from driving and is associated with an increased risk of falls, which can lead to serious injuries, especially in the elderly. Heart failure occurs when the heart does not pump enough blood to meet the needs of the whole body. Untreated, AFib sometimes leads to heart failure because increased heart rate and incomplete filling of heart chambers means that the organ cannot fill enough blood to effectively pump through the body. Blood then pools in the veins leading from the lungs to the heart, causing the fluid to back up to the lungs and resulting in shortness of breath, wheezing, panting, and fatigue. KatarzynaBialasiewicz/Getty Images Chest pain is one of the most worrying symptoms associated with AFib. In some people, a rapid heart causes chest pain or angina because problems with heart pumping cause less blood to flow into the heart muscle itself. Those who have other heart problems in addition to AFib are more likely to experience this symptom. Keep in mind that chest pain is often a serious symptom that needs immediate medical attention. PeopleImages/Getty Images When the heart doesn't pump blood properly, the liquid can pool and gather in the legs, ankles and legs. This can lead to fluid retention and swelling, which can become painful. Maintaining fluids also causes weight gain and a swollen, swollen appearance that can make a person feel shy or unhealthy. gchutka/Getty Images Atrial fibrillation itself can be unpleasant or disturbing, but it doesn't always cause serious medical problems. However, AFib that remains untreated over time can exacerbate or precede more serious problems, including stroke, heart failure, or inconsistent blood supply. It can even lead to other heart rhythm problems or chronic fatigue. People with atrial fibrillation also have a higher risk of stroke and heart failure. Moyo Studio/Getty Images There are many ways to help prevent AFib. Many of them are part of a healthy lifestyle, in any case, such as healthy eating, exercise, stress reduction, not smoking, and weight. Restricting caffeine and alcohol can also help. Be careful with over-the-counter medications, as some of them contain stimulants that may leave an irregular heartbeat. FatCamera/Getty Images Atrial Fibrillation is a term that defines both the location and character of one particular type of arrhythmia. Arrhythmia. abnormal rhythm originates in the atrium and has a fibrillation nature. Fibrillation is characterized by fast, chaotic quivers. In atrial fibrillation, the rhythm is circular and disorganized, and the rhythm of the atrium increases to 300-600 beats per minute - six times faster than the usual heartbeat. If left untreated, a rapid, chaotic beating of atrial fibrillation can weaken the heart muscle. Over time, the heart stretches, gets thicker, and has more difficulty in contracting and pumping blood properly. Advertising This condition, known as heart failure, is serious and potentially life-threatening. People with atrial fibrillation are also at increased risk of stroke. Due to the fact that the chambers of the heart are not emptied effectively, blood can unite, and sometimes a clot. If a clot in the atria breaks out and moves to the arteries of the brain, a stroke can result. About 15 percent of the 700,000 strokes that occur in the United States each year - about 105,000 - occur in people with atrial fibrillation. Atrial fibrillation is associated with high blood pressure, artery hardening, heart failure, coronary heart disease and other types of heart disease such as valve disease, pericarditis (inflammation of the heart membrane), congenital heart defects and chronic lung disease. It can also be caused by factors unrelated to the heart, such as diabetes and thyroid disease, certain medications, diet, stress, and environmental toxins. While many of the risk factors for atrial fibrillation can be controlled by lifestyle changes, aging affects everyone despite all our efforts to slow its effects. If you are 50 years of age or younger, the risk of atrial fibrillation is one in every 100 people, but by the time you are over 80, your risk increases tenfold to one in every 10 people. For more information on atrial fibrillation and other heart themes, check out the links on the next page. Afib can cause rapid heartbeat, fatigue and chest pain, among other symptoms. Atrial fibrillation, or Afib, is the result of abnormal firing of electrical signals, which causes the atria (upper chambers of the heart) to tremble quickly (fibrillation) instead of being contracted completely. These electrical signals also cause atria and ventricles (lower heart chambers) to beat quickly or out of sync, potentially causing symptoms. Afib SymptomsSome people with Afib do not experience any noticeable symptoms and do not realize that their heart is not beating in a normal picture. Symptoms of Afib may include: Some of these symptoms are caused by ventricular blood pumping through irregular intervals to the lungs and the rest of the body. Afib ComplicationsLeft untreated, Afib can lead to formation stroke, and heart failure. Typically, the left and right atrium of the heart pump blood into the left and right ventricles, which are then pumped into the and the rest of the body, respectively. But Afib can prevent atria from fully slaughtering and pumping all their blood into the ventricles, causing blood to the pool in atria. Condensed blood can lead to a blood clot, or blood clot. If the clot breaks off, it can travel through the bloodstream (becoming what is known as embolism) and block the artery in the brain, causing a stroke. It can also block other major arteries - such as the abdominal cavity, leading to poor or missing blood flow to the intestines. Afib increases a person's risk of stroke four to six times, according to the National Institute of Neurological Disorders and Stroke.Also, in people with Afib, ventricular contract and relax too quickly to completely fill in blood. As a result, the ventricles do not pump enough blood to meet the body's needs, and blood pressure drops - ultimately causing heart failure. Symptoms of heart failure include fatigue and shortness of breath. These symptoms develop because the blood gets backed up in the pulmonary veins, causing fluid to accumulate in the lungs. Afib DiagnosisOur doctor will diagnose Afib based on your medical and family history, medical examination, and various tests. Your doctor ask you a number of questions to better understand your current health status and risk to Afib, including questions about yours: Signs and symptomsPersonal and family history of heart health problems and other health problems such as lung disease, diabetes, and thyroid problemsPersonal habits such as how often you smoke, drink alcohol, or consume caffeineYour will have a physical examination will be performed by a doctor to conduct a physical check-up including listening to the rhythm and speed of your heartbeat with a stethoscope and taking your blood pressure. Your doctor will also listen to your lungs (for evidence of heart failure) and check for symptoms associated with thyroid problems such as fluid retention. Electrocardiogram (ECG or ECG) is the most useful and common test for the diagnosis of Afib. This test records the electrical activity of your heart, and can accurately determine the speed and rhythm of your heartbeat. But since the ECG records your cardiac activity only for a few seconds, it cannot detect Afib, which repeatedly begins and stops suddenly, which is called paroxysmal Afib. If your doctor suspects that you may have paroxysmal Afib, you will need to wear a special heart monitor, such as a Holter monitor (which records activity for 24 to 48 hours) or an event monitor (which records for several weeks). weeks. atrial fibrillation the latest management strategies pdf

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