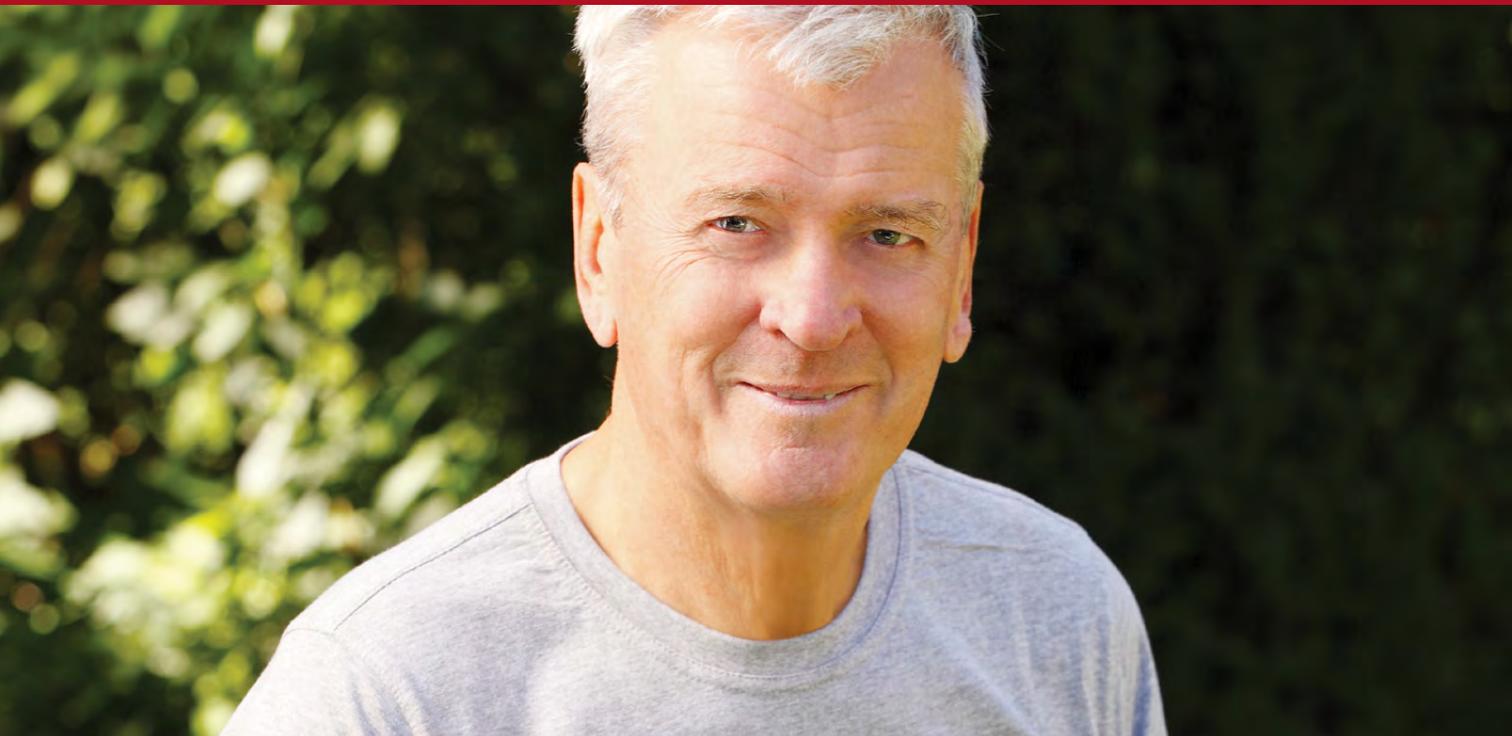


THE  
Educated Patient<sup>®</sup>

# *Atrial Fibrillation*

RESOURCE GUIDE



A collection of resources that provide information  
and support for patients and the professionals who treat them.

From the Publisher

## Understanding and Managing Atrial Fibrillation

The American Heart Association estimates that nearly 2.7 million people in America are living with atrial fibrillation, a condition defined by an irregular heartbeat (also known as arrhythmia) that can lead to blood clots, stroke, heart failure, and other cardiovascular complications.

Patients with atrial fibrillation are at increased risk for stroke, heart-related hospitalizations, and death. Although untreated atrial fibrillation doubles the risk of heart-related deaths and can significantly increase the risk for stroke, many patients ignore their symptoms and are not aware that atrial fibrillation is a serious condition.

Atrial fibrillation symptoms can include fatigue, rapid or irregular heartbeat, dizziness, shortness of breath, and chest pain or pressure. Some patients with atrial fibrillation do not experience any of the usual symptoms.

Successful management of atrial fibrillation depends on early diagnosis and treatment, so patients should be aware of the risk factors associated with this condition, as well as the early warning signs and symptoms. Educating yourself to better understand atrial fibrillation will help you work with your physician to get the best care possible and achieve better outcomes.

This resource guide includes information on atrial fibrillation symptoms, risk factors, types, the condition's impact on quality of life, treatment options, and more. The information in this guide also describes resources and assistance programs offered by several organizations in the United States. These organizations provide credible informational resources, and many offer support in the form of financial assistance and toll-free patient support hotlines. These organizations also serve as forums for patients and caregivers to engage in communities that communicate through online message boards, e-mail, social media, and in-person meetings and seminars.

We hope this educational resource helps improve your knowledge and understanding of atrial fibrillation and helps prepare you to discuss your condition with your physician and the other members of your healthcare team.

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**MH**

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# Information About Atrial Fibrillation

## What Is Atrial Fibrillation?

*Atrial fibrillation*,\* also called AF, or AFib, is a type of fast or irregular heartbeat, or *arrhythmia*. With atrial fibrillation, a problem with the heart's electrical system causes the upper chambers of the heart, the *atria*, to contract quickly and erratically, or *fibrillate*. Episodes of atrial fibrillation may occur once in a while, or they may become persistent and require treatment.<sup>1</sup>

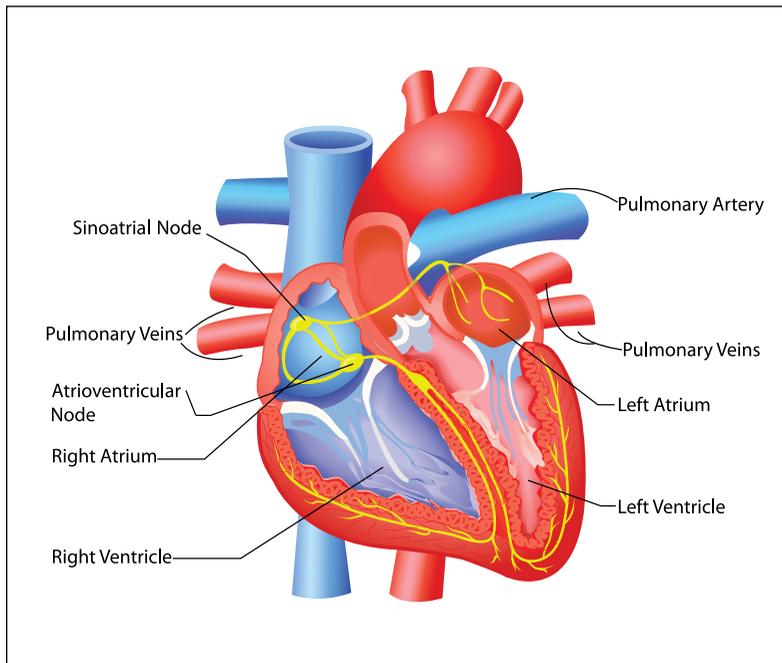
To understand what happens during atrial fibrillation, it is helpful to see how the heart works. The heart is an important muscle that pumps blood throughout your body. It is composed of a left side, a right side, and 4 chambers: 2 upper chambers called the *atria*, and 2 lower chambers called the *ventricles*.<sup>1</sup>

The heart has its own electrical system that controls the rate at which it beats. The electrical signal begins in a group of cells called the *sinoatrial node (SA node)*, located in the right atrium. The electrical signal spreads from the upper to the lower chambers, causing the atria to contract and forcing blood into the ventricles. Another group of cells, called the *atrioventricular node (AV node)*, acts like a gatekeeper, slowing down the electrical signal to allow blood to enter the ventricles. The ventricles contract, and blood is pumped out to the lungs and the rest of the body.<sup>1</sup>

In atrial fibrillation, the electrical signal does not start in the SA node. Instead, signals begin elsewhere in the right atrium, or even in the pulmonary veins leading from the lungs. Many different signals may fire at once. This causes the atria to contract rapidly or chaotically.<sup>1</sup> Blood is not able to enter the ventricles efficiently and may pool in the atria, which can cause blood clots to form.<sup>1,2</sup> In addition, the AV node cannot do its job of regulating electrical signals, so many electrical impulses get through, causing the ventricles to also contract quickly and irregularly. As a result, the heart beats fast and irregularly. Normally, your heart beats 60 to 100 times per minute. With atrial fibrillation, the ventricles can contract 100 to 175 times per minute.<sup>1</sup>

While a single episode of atrial fibrillation may not be life threatening, it is a serious medical condition that needs to be treated.<sup>2</sup> Because the heart is not pumping as it should, atrial fibrillation can lead to other complications, including *stroke* and heart failure.<sup>1</sup>

\*For definitions of italicized terms, please see the glossary on page 8.



## How Do You Get Atrial Fibrillation?

The risk of atrial fibrillation increases with age, particularly in people over the age of 60 years, and is more common in people with underlying heart disease.<sup>3</sup> It is also seen more often in men than in women, and more often in Caucasians in the United States than in African Americans or Hispanic Americans.<sup>4</sup>

Atrial fibrillation does not always have a known cause. Often it is caused by damage to the heart's electrical system.<sup>3</sup> Many conditions can cause damage<sup>3,4</sup>:

- High blood pressure
- *Coronary artery disease*
- Heart valve disease
- Complications after heart surgery
- Heart failure
- *Cardiomyopathy*, an infection of the heart
- Congenital heart disease

Atrial fibrillation is also associated with other conditions<sup>4</sup>:

- Binge drinking
- Hyperthyroidism, a problem caused by an overactive thyroid gland
- Diabetes
- Sleep apnea, a condition in which breathing is continually paused during sleep
- Lung disease

## How Do I Know if I Have Atrial Fibrillation?

Some patients with atrial fibrillation do not have any symptoms.<sup>5</sup> Other people may feel a variety of symptoms<sup>5,6</sup>:

- Heart *palpitations*, a feeling that your heart is skipping a beat, fluttering, or beating too fast
- Lack of energy
- Dizziness or fainting
- Confusion
- Sweating
- Shortness of breath
- Tiredness while exercising
- Chest pain or discomfort

To determine whether you have atrial fibrillation, your physician will review your medical history and perform a physical examination. If atrial fibrillation is suspected, he or she may refer you to a cardiologist (a physician who specializes in heart conditions) and order diagnostic tests or procedures. The following tests and procedures are helpful in diagnosing atrial fibrillation<sup>7</sup>:

- **Electrocardiogram (ECG or EKG):** a test that records your heart's electrical activity. It will only detect atrial fibrillation if it occurs during the test.
- **Holter monitor:** a small device that you wear for 24 or 48 hours to record the electrical activity of the heart.
- **Event monitor:** a device similar to a Holter monitor that is worn for longer periods of time. You can press a button when symptoms occur; some monitors automatically sense activity and record it.
- **Echocardiography:** A test that uses sound waves to show how well your heart chambers and valves are working, creating a moving picture of the heart.
- **Transesophageal echocardiography (TEE):** This test is used primarily to detect blood clots. A thin, flexible tube is inserted down through your esophagus to take pictures of the atria by using sound waves.

## If You Think You Have Atrial Fibrillation

Some people who have atrial fibrillation may not need treatment. The heart may return to a normal rhythm by itself. Other times, your physician may prescribe a combination of medications, lifestyle changes, or procedures to control atrial fibrillation. The main objectives of treatment are to control the heart rate and rhythm and prevent blood clots from forming, which lowers the risk of stroke.<sup>8</sup>

**Anticoagulant medications.** Blood-thinning medications are used to prevent the formation of blood clots and reduce the risk of stroke. There are many kinds of blood-thinning medications, including *warfarin* and newer anticoagulant medicines. Patients taking blood thinners such as *warfarin*

need routine blood tests to assess the effectiveness of the medication.<sup>9</sup>

**Rate-control medications.** These medicines slow the heart rate. Rate-control medications include *beta-blockers* and *calcium channel blockers*.<sup>9</sup>

**Rhythm-control medication.** These medicines control the heart's rhythm and include sodium channel blockers and potassium channel blockers. Patients taking these medications must be monitored closely for any side effects.<sup>9</sup>

**Electrical cardioversion.** This procedure is done under anesthesia. Electrical cardioversion uses low-energy shock waves to reset the heart's rhythm.<sup>8</sup>

**Catheter ablation.** During this procedure, a thin wire is inserted through a vein in the arm or leg and guided to the heart. Radio wave energy travels through the wire to the region that is causing the irregular heartbeat, and the abnormal tissue is destroyed. This allows the SA node to direct the heart's signals and restore a normal heart rhythm.<sup>8</sup>

**A pacemaker.** A small electrical device is implanted under the skin near the collarbone. The pacemaker sends electrical signals to regulate the heartbeat.<sup>10</sup>

**Maze surgery.** This type of surgery involves a series of small incisions, or scars, to the atria to help confine impulses. These scars prevent the abnormal electrical signals that cause atrial fibrillation.<sup>3</sup>

## Your Healthcare Team

Along with your physician (also called your primary care physician, or PCP), who may be the first to discover that you have atrial fibrillation, your healthcare team may include a *cardiologist* or *electrophysiologist*.<sup>7</sup> Each has a specific role to play. Which doctors you see depends on your individual situation and what kind of treatment you need.

## What Is My Prognosis?

Because people with atrial fibrillation are 5 to 7 times more likely to have a stroke than people without the condition, it is important to follow your physician's recommendations.<sup>3</sup> Taking anticoagulant medication can reduce the risk of stroke by 50 to 70 percent.<sup>11</sup> When atrial fibrillation is managed, you can lead a normal life.

Make sure you follow your physician's advice about diet and exercise and adhere to the medication regimen prescribed for you. Talk to your physician before taking any over-the-counter medications, particularly for colds and allergies, along with nutritional supplements, because they sometimes contain ingredients that can trigger a rapid heartbeat.<sup>12</sup>

# Health, Diet, and Emotional Support

## Health

It is important to stick to the treatment regimen prescribed by your healthcare team and to maintain a heart-healthy lifestyle. Staying physically active and maintaining a healthy weight can help lower your risk of high blood pressure, a condition that can lead to heart disease and stroke. In addition to eating healthy foods and moderating alcohol intake if you drink alcoholic beverages, it is helpful to be moderately physically active for at least 30 minutes on most days. As always, it is important to consult with a healthcare professional before beginning any regimen of physical activity or starting a new diet.<sup>13</sup>

## Diet

Eating a heart-healthy diet is especially important for people with atrial fibrillation. Your doctor may advise you to follow the DASH (Dietary Approaches to Stop Hypertension) eating plan based on research from the National Heart, Lung, and Blood Institute. Studies have shown that a DASH eating plan lowers high blood pressure and reduces fats in the bloodstream, which reduces the risk of developing *cardiovascular disease*. The DASH eating plan does not require special foods. It is rich in fruits, vegetables, low-fat or non-fat dairy products, whole grains, fish, poultry, beans, nuts, and seeds. The DASH eating plan is also lower in sweets, sweetened beverages, fats, red meats, and salt than the typical American diet. It is high in minerals such as potassium, calcium, and magnesium.<sup>13,14</sup>

**Whole-grain breads, cereals, and grains:** Look for high-fiber, whole-grain carbohydrates such as whole wheat pasta, quinoa, and brown rice; avoid refined carbohydrates, such as white bread and sugar.

**Vegetables and fruits:** To make sure your body gets enough nutrients, fill your plate with color. Choose vegetables and fruits that are brightly and naturally colored: dark leafy greens like spinach and kale and bright reds like tomatoes and peppers. You should eat at least 5 servings of vegetables or fruit every day. One serving is about 1 cup of cooked or uncooked vegetables or a half cup of fresh fruit. Fruit and vegetables provide many nutrients and also contain fiber, which helps with digestion and can help you feel full with fewer calories.

**Dairy products:** Dairy products are a source of calcium and also provide protein and vitamin D. Choose dairy products that are low in fat or fat-free.

**Meats, fish, dried beans, soy, nuts, eggs:** Protein is needed to help maintain muscle and repair tissue. Lean meats, fish, soy, nuts, and eggs are good sources of healthy protein. Instead of frying, prepare foods by boiling, baking, or stir-frying.

Too much salt in your diet can increase blood pressure. Limit your sodium intake to approximately 2/3 of a teaspoon (1500 mg) of salt per day by not adding extra salt to food at the table, avoiding fast food, and using less salt while cooking. Avoiding processed foods, many of which contain high levels of sodium, can also help you cut down on salt.<sup>13</sup>

## Emotional Support

It is important to talk to your loved ones, caregiver, and/or healthcare professional about any concerns or fears you might have regarding atrial fibrillation. Friends, family, and caregivers can provide comfort, motivation, and support. It also helps to learn as much as you can about atrial fibrillation by asking your physician any questions you may have and also for guidance on additional resources. Once you know what to expect, you can discuss it with your family and with other healthcare professionals who help you manage your condition. In this guide, we've described a number of website resources to assist in getting you started with finding support and living a heart-healthy lifestyle.



# Frequently Asked Questions

## What is atrial fibrillation?

Atrial fibrillation is a type of fast or irregular heartbeat. With atrial fibrillation, a problem with the heart's electrical system causes the upper chambers of the heart, the atria, to contract quickly and erratically. This causes blood to collect in the atria, which may lead to the formation of blood clots. In addition, blood is not able to effectively enter the ventricles, the lower chambers of the heart. The ventricles also contract quickly. As a result, the heart beats fast and irregularly. Normally, your heart beats 60 to 100 times per minute. With atrial fibrillation, the ventricles can contract 100 to 175 times per minute.<sup>1</sup>

## How many people have atrial fibrillation?

Atrial fibrillation is the most common type of irregular heartbeat. It affects 2.7 million people in the United States.<sup>1</sup>

## How do I know if I have atrial fibrillation?

You may feel a fluttering or palpitations in your chest, or you may have other symptoms, such as shortness of breath, dizziness, confusion, fatigue, or chest pain.<sup>5,6</sup> Some people with atrial fibrillation do not have any symptoms<sup>5</sup> and learn they have the condition during an unrelated physical exam or EKG.<sup>7</sup>

## What causes atrial fibrillation?

A problem with the heart's electrical system causes atrial fibrillation; the electrical signals that control the heartbeat do not travel normally through the heart.<sup>1</sup> Damage to the heart's electrical system is often caused by underlying heart disease. In some cases, the cause is unknown.<sup>3,11</sup>

## Who is at risk of atrial fibrillation?

People 60 years and older are at increased risk of atrial fibrillation.<sup>3</sup> Men are more likely to have atrial fibrillation than women. In the United States, Caucasians are more likely than African Americans or Hispanic Americans to develop the condition. People who binge drink or have chronic medical conditions such as diabetes, hyperthyroidism, sleep apnea, or lung disease are also at higher risk of developing atrial fibrillation.<sup>4</sup>



## How is atrial fibrillation diagnosed?

Atrial fibrillation may be diagnosed during a physical exam and through tests such as an EKG, which records the heart's electrical system.<sup>7</sup>

## How is atrial fibrillation treated?

Your physician may prescribe different medications to control the rate and rhythm of your heart. To reduce the risk of blood clots, your physician may also prescribe blood-thinning medications such as warfarin or newer anticoagulant medications.<sup>9</sup> Sometimes a procedure such as an electrical cardioversion, in which low-energy shock waves are used to reset the heart's rhythm, is necessary.<sup>8</sup> Other treatments include catheter ablation, a procedure that destroys the abnormal heart tissue causing the electrical problem,<sup>8</sup> pacemaker implantation, or maze surgery, in which cuts are made to the atria to confine electrical impulses and prevent abnormal impulses from affecting the atria.<sup>3,10</sup>

# Glossary of Important Terms<sup>1,3,6-9,15</sup>

**Anticoagulant medications:** Blood-thinning medications that prevent clots from forming, thus reducing the risk of stroke

**Arrhythmia:** An abnormal heart rhythm

**Atria:** The upper chambers of the heart that pump blood into the lower chambers

**Atrial fibrillation** (also called **AF** or **AFib**): The most common type of irregular heartbeat

**Atrioventricular node (AV node):** A group of cells located in the right atrium that sends electrical signals to begin a new heartbeat

**Beta-blockers:** Medicines that slow the heart rate

**Calcium channel blockers:** Medicines that slow the heart rate and reduce the strength of the muscle cell contraction

**Catheter ablation:** A procedure in which energy waves are sent through wires to destroy abnormal tissue that causes misfiring electrical signals

**Cardiologist:** A physician who specializes in conditions affecting the heart

**Cardiomyopathy:** A disease of the heart muscle in which it becomes enlarged, thick, or rigid

**Cardiovascular disease:** A disease of the heart and blood vessels

**Coronary artery disease:** A disease in which a fat substance called plaque builds up in the arteries to the heart; also called coronary heart disease

**Echocardiography:** A test that uses sound waves to create a moving picture of your heart to show how well your heart chambers and valves are working

**Electrical cardioversion:** A procedure that uses low-energy shocks to the chest to “reset” the heart’s rhythm

**Electrocardiogram (ECG or EKG):** A test that shows how fast your heart is beating and its rhythm (steady or irregular); it also records the strength and timing of electrical signals as they pass through your heart to show how the heart’s electrical system is working

**Electrophysiologist:** A physician who specializes in heart arrhythmias

**Fibrillate:** To contract fast and erratically

**Palpitations:** A feeling that the heart is fluttering, beating too fast, or skipping a beat

**Sinoatrial node (SA node):** A group of cells, located in the right atria, that regulate electrical impulses from the atrium to the ventricles

**Stroke:** A blood clot that lodges in the blood vessels leading to the brain

**Transesophageal echocardiography (TEE):** A test that uses sound waves to map a picture of the atrium

**Ventricles:** The lower chambers of the heart

**Warfarin:** A type of blood-thinning medication

# Questions to Ask Your Physician<sup>16</sup>

What caused my atrial fibrillation?

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Will my symptoms worsen over time? For which symptoms should I call you?

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What are some complications of atrial fibrillation?

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How can my condition be managed?

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What will treatment be like?

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Will I need to take medication?

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Will I need to have a heart procedure?

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Does having atrial fibrillation put me at risk for other problems?

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What healthcare specialists should I see?

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Are there any lifestyle changes I should make?

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Will I need to modify my diet?

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Will I have physical limitations?

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What kind of exercise is recommended?

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How frequently should I exercise?

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What support programs are available for my family and me?

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Who can I speak with about my financial and/or insurance concerns?

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# American Heart Association—Atrial Fibrillation

[www.heart.org/HEARTORG/Conditions/Arrhythmia/TypesofArrhythmias/Fibrillation\\_UCM\\_302027\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/Arrhythmia/TypesofArrhythmias/Fibrillation_UCM_302027_Article.jsp)

The screenshot shows the American Heart Association website. At the top, there is a navigation bar with links for LOCAL INFO, LANGUAGES, CAREERS, VOLUNTEER, and DONATE. Below this is a search bar and social media icons for Facebook, Twitter, YouTube, and Google+. The main navigation menu includes categories like GETTING HEALTHY, CONDITIONS, HEALTHCARE / RESEARCH, CAREGIVER, EDUCATOR, CPR & ECC, SHOP, CAUSES, ADVOCATE, GIVING, and NEWS. A secondary menu lists various health conditions such as Arrhythmia, Cholesterol, Congenital Defects Children & Adults, Diabetes, Heart Attack, Heart Failure, High Blood Pressure, Stroke, and More. The main content area is titled 'Atrial Fibrillation (AF or AFib)' and includes social media share counts (38 shares, 32 likes, 3 tweets, 159 Google+ shares, 234 shares) and an update date of Dec 10, 2014. The featured video is from 'www.MyAFibExperience.org' and is titled 'Come join AFIB TOWN'. Below the video are two small thumbnail images: 'What is Atrial Fibrillation?' and 'Symptoms of AFib'. To the right of the main content is a sidebar with a table of contents for the article, including links to Introduction, What is Atrial Fibrillation?, Why AFib Matters, Understand your Risk for AFib Children, Symptoms of AFib, Treatment & Prevention of AFib (with sub-links for Treatment Guidelines, Treatment Options, Medications, Non-surgical Procedures, Surgical Procedures, and Prevention Strategies), and AFib Resources for Patients & Professionals (with a link to AFib Interactive Patient Guide).

**ADDRESS:**  
7272 Greenville Avenue  
Dallas, TX 75231

**CONTACT INFO:**  
Phone: 1-800-242-8721  
E-mail: Online

The American Heart Association (AHA) is a nationwide voluntary health agency dedicated to helping reduce the disability and death caused by cardiovascular diseases and stroke. The AHA funds innovative research, fights for stronger public health policies, and provides lifesaving tools and information to save and improve lives. The “Atrial Fibrillation” section of the AHA website provides a comprehensive review of atrial fibrillation and resources to help patients become more involved in their own care. For additional support, visit [supportnetwork.heart.org/home](http://supportnetwork.heart.org/home), an Internet community devoted to serving the needs of patients and their loved ones who have been affected by a heart condition.

## Resource Checklist

- ✓ Information on atrial fibrillation
- ✓ Interactive cardiovascular library
- ✓ Downloadable publications
- ✓ Treatment guidelines
- ✓ Medication tracker
- ✓ Monthly e-newsletter

# Atrial Fibrillation Association— United States of America

[www.atrialfibrillation-us.org](http://www.atrialfibrillation-us.org)

The screenshot shows the homepage of the Atrial Fibrillation Association (AFA-US). At the top, there is a green header with the phone number (843) 415-1886 and the email address info@afa-us.org. Below this is the AFA logo and a navigation menu with options like Home, Atrial Fibrillation Association, Patient Information, AF Specialists, Medical Professionals, News & Events, Stories from the heart, Media Center, Community Forum, Podcast, Links, Publications, Join AFA-US, and Contact. The main content area features a news article titled 'European Atlas of the Prevention of AF-Related Stroke launched' dated 27 November 2014. To the right of the article are several interactive buttons: 'Clinician's Area', 'What is AF?', 'AF STROKE RISK CALCULATOR', 'AF and Health Policy Guidelines', and 'Free 'Know Your Pulse' resources'.

**ADDRESS:**  
PO Box 5507  
Hilton Head Island, SC 29938

**CONTACT INFO:**  
Phone: (843) 415-1886  
E-mail: [info@afa-us.org](mailto:info@afa-us.org)

The Atrial Fibrillation Association—United States of America (AFA-US) provides information, support, and access to innovative treatments for atrial fibrillation, from the established to the new and innovative. Because atrial fibrillation is such a common cardiac rhythm problem, AFA-US works closely with medical professionals, the American College of Cardiology, the Heart Rhythm Society, patient advocacy groups, and allied professionals to ensure that patients have access to the most reliable information and support necessary for managing their condition.

## Resource Checklist

- ✓ Information on atrial fibrillation
- ✓ Glossary of terms
- ✓ Downloadable publications
- ✓ Internet forum
- ✓ 24-hour helpline

# Cardiosmart—American College of Cardiology

[www.cardiosmart.org/Heart-Conditions/Atrial-Fibrillation](http://www.cardiosmart.org/Heart-Conditions/Atrial-Fibrillation)

The screenshot shows the Cardiosmart website interface. At the top, there is a navigation bar with links for HOME, ABOUT, A-Z TOPICS, GLOSSARY, TOOLS, VIDEOS, MI CORAZÓN, and ENGLISH. On the right, there are links for LOG IN / JOIN, HELP, and STORE. The Cardiosmart logo is prominently displayed on the left. A search bar is located in the top right. Below the navigation bar, there are tabs for Heart Conditions, Drugs & Treatments, Heart Basics, Healthy Living, Connect With Others, News & Events, and My Dashboard. The main heading is "Atrial Fibrillation" with a sub-heading "Also called: AF, Afib". A sidebar on the left contains links for Atrial Fibrillation Home, Understand Your Condition, Questions to Ask Your Doctor, Your Responsibilities, Your Care Team, Getting Support, and The Research. Below this is a "HELPFUL RESOURCES" section with links for Relax, How the Heart Works, and Arrhythmias and Sexual Activity. The main content area features a large image of a doctor and a patient with the text "On my next visit to the doctor, I want to be prepared." and a yellow callout box "AFib Questions to Ask Your Doctor". To the right is a "Featured Video" section with a video player showing symptoms like Fatigue, Dizziness, Short of Breath, and Chest Pain. Below the video is a text box stating "AFib affects more than 3 million people in the United States." At the bottom right, there is a "Get CardioSmart" section with a "YOU'RE INVITED" banner for the "March Blood Pressure Challenge" from Mar 01, 2015 - Apr 01, 2015, with 5 Participants.

## ADDRESS:

2400 N Street NW  
Washington, DC 20037

## CONTACT INFO:

Phone: 1-800-253-4636  
E-mail: [resource@acc.org](mailto:resource@acc.org)

The mission of the American College of Cardiology (ACC) is to transform cardiovascular care and improve heart health. The ACC's CardioSmart website is a patient education and empowerment initiative designed to help individuals prevent, treat, and manage cardiovascular disease. The "Atrial Fibrillation" section of the CardioSmart site provides extensive information to help patients understand and manage their condition and find the support they need.

## Resource Checklist

- ✓ Information on atrial fibrillation
- ✓ Medication reminder mobile app
- ✓ Questions to ask your physician
- ✓ Information on healthcare professionals
- ✓ Recent news
- ✓ Information on clinical trials

# Heart Rhythm Society—Atrial Fibrillation

[www.hrsonline.org/Patient-Resources/Heart-Diseases-Disorders/Atrial-Fibrillation-AFib#axzz3DVMwkhHi](http://www.hrsonline.org/Patient-Resources/Heart-Diseases-Disorders/Atrial-Fibrillation-AFib#axzz3DVMwkhHi)

Find a Specialist | Calendar | Contact Us | Membership | Log In | Join HRS | Donate

Heart Rhythm Society<sup>SM</sup>

Search:

Education & Meetings | Career Resources | Practice & Guidance | Science & Research | Patient Resources

HRS Home > Patient Resources > Heart Diseases & Disorders > Atrial Fibrillation (AFib)

## Atrial Fibrillation (AFib)

**The Normal Heart**

**Risk Factors & Prevention**

**Heart Diseases & Disorders**

Atrial Fibrillation (AFib)

Types of AFib

Risk Factors for AFib

Symptoms of AFib

Complications from AFib

Diagnosing AFib

Atrial fibrillation (AFib) is the most common abnormal heart rhythm. In a normal heart, the four chambers of the heart beat in a steady, rhythmic pattern. With AFib, the atria (upper chambers of the heart) fibrillate (quiver or twitch quickly) and create an irregular rhythm.

This irregular heart rhythm can lead to symptoms that negatively impact the quality of life in some people. Others experience no symptoms at all. AFib itself is not life threatening. If left untreated, however, the side effects of AFib can be life threatening, leading to stroke or heart failure. This makes identifying and treating AFib so important.

Click the image to view an animation on Atrial Fibrillation

Share:

Find a Specialist

Find physicians around the world who specialize in the treatment of arrhythmias using the Heart Rhythm Society's searchable directory.

Search Now

Is Your Specialist FHRS?

Learn More

#### ADDRESS:

1400 K Street NW  
Suite 500  
Washington, DC 20005

#### CONTACT INFO:

Phone: (202) 464-3400  
E-mail: [info@HRSONline.org](mailto:info@HRSONline.org)

The Heart Rhythm Society is a leading resource for cardiac pacing and electrophysiology. The organization is composed of medical, allied health, and science professionals from more than 70 countries who specialize in cardiac rhythm disorders. The Heart Rhythm Society works to improve patient care by advancing research and education and working to establish optimal healthcare policies and standards.

#### Resource Checklist

- ✓ Information on atrial fibrillation
- ✓ Physician locator search tool
- ✓ Downloadable publications
- ✓ Glossary of terms

# Mayo Clinic—Atrial Fibrillation

[www.mayoclinic.org/diseases-conditions/atrial-fibrillation/basics/definition/con-20027014](http://www.mayoclinic.org/diseases-conditions/atrial-fibrillation/basics/definition/con-20027014)

**Appointments at Mayo Clinic**  
Mayo Clinic offers appointments in Arizona, Florida and Minnesota and at Mayo Clinic Health System locations. [Request Appointment](#)

**Diseases and Conditions**  
**Atrial fibrillation**

Basics | Care at Mayo Clinic | In-Depth | Expert Answers | Multimedia | Resources | News From Mayo Clinic

**Definition**  
By Mayo Clinic Staff

**Appointments & care**  
At Mayo Clinic, we take the time to listen, to find answers and to provide you the best

Advertisement  
For people with atrial fibrillation (AFib), an irregular heartbeat, not caused by a heart valve problem.

**ADDRESS:**  
200 First Street SW  
Rochester, MN 55905

**CONTACT INFO:**  
Phone: (507) 284-2511  
E-mail: Online

The Mayo Clinic strives to instill hope and contribute to health and well-being by providing the best care to every patient through integrated clinical practice, education, and research. Visit the “Atrial fibrillation” section of the Clinic’s website for information and resources specifically for people with atrial fibrillation. Here, site visitors can access information on all the basics of atrial fibrillation, including symptoms, causes, complications, tests and diagnoses, lifestyle and home remedies, and coping and support.

## Resource Checklist

- ✓ Information on atrial fibrillation
- ✓ Tips for preparing for medical appointments
- ✓ Tips for coping
- ✓ Additional resources
- ✓ Blog

# National Blood Clot Alliance

[www.stopthecлот.org/Afib/afib.htm](http://www.stopthecлот.org/Afib/afib.htm)

**National Blood Clot Alliance**  
**Stop The Clot<sup>®</sup>**

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**DONATE NOW**

HOME ABOUT US ABOUT CLOTS PATIENT STORIES HEALTH PROFESSIONALS NEWS GET INVOLVED CONTACT

## ATRIAL FIBRILLATION (AFIB)

AFib is the most common type of irregular heartbeat



When the heart is working normally, electrical signals sent to the heart cause blood to pump in a regular pattern.

When you have AFib, the normal rhythm of your heart becomes irregular, due to disorganized electrical signals. This causes the upper chambers of your heart, called the atria, to beat chaotically. This restricts blood from being efficiently pumped from your heart. When your heart can't pump out blood effectively, the blood can sometimes pool in your heart and form a blood clot.

### Upcoming events

10 APR	24 Hours on a Treadmill #tread24 515 Crescent Boulevard Glen Ellyn, IL 312-379-9180 02:00 PM
01 MAY	2nd Annual "ForAProbableKoz" Golf Tournament Frenchman's Reserve Country Club, Palm Beach Gardens, FL
01 MAY	5K Clot Trot Atlanta Piedmont Park 11:00 AM

#### ADDRESS:

110 North Washington Street  
Suite 328  
Rockville, MD 20850

#### CONTACT INFO:

Phone: 1-877-4-NO-CLOT  
E-mail: [info@stopthecлот.org](mailto:info@stopthecлот.org)

The National Blood Clot Alliance voluntary health organization is dedicated to advancing the prevention, early diagnosis, and successful treatment of life-threatening blood clots such as deep vein thrombosis, pulmonary embolism, and clot-provoked stroke. The organization operates on behalf of people who may be susceptible to blood clots, including but not limited to people with clotting disorders, atrial fibrillation, cancer, or traumatic injury, or risks related to surgery, lengthy immobility, childbirth, and birth control.

#### Resource Checklist

- ✓ Information on atrial fibrillation
- ✓ Medication charts
- ✓ Glossary of terms
- ✓ Patient stories

# National Stroke Association—Atrial Fibrillation

[www.stroke.org/site/PageServer?pagename=afib](http://www.stroke.org/site/PageServer?pagename=afib)

**National STROKE Association®**

LOGIN SEARCH AM I HAVING A STROKE?

Media Campaigns Store

ABOUT US WE CAN HELP UNDERSTAND STROKE STROKE RESOURCES GET INVOLVED WAYS TO GIVE

Understand Stroke » Preventing a Stroke » Afib-Stroke Connection

## Afib-Stroke Connection

Atrial fibrillation (Afib) affects an estimated 2.2 million people in the U.S. Afib is a type of irregular heartbeat, often caused when the two upper chambers of the heart beat unpredictably and sometimes rapidly. These irregular heartbeats can cause blood to collect in the heart and potentially form a clot, which can travel to a person's brain and cause a stroke.

To help raise awareness about the association between Afib and the increased risk of stroke, National Stroke Association has developed the **Afib-Stroke Connection**. The initiative provides tools to patients and primary care practitioners and their staff to help begin—or continue—discussion about Afib-related stroke between people with Afib and those who provide support and/or healthcare. Learn how the tools can be used by patients or healthcare practitioners.

**EXPAND ALL**

- ATRIAL FIBRILLATION FACTS**
- TOOLS FOR PATIENTS**
- TOOLS FOR HEALTHCARE PROFESSIONALS**

**Preventing a Stroke**

- Afib-Stroke Connection**
  - Atrial fibrillation: Impact of Stroke Survey
  - Afib-Stroke Glossary
- Lifestyle Risk Factors**
- Medical Risk Factors**
- Uncontrollable Risk Factors**

*I am a...*

SELECT

**STROKE HELP LINE**  
1-800-STROKES

#### ADDRESS:

9707 E Easter Lane  
Suite B  
Centennial, CO 80112

#### CONTACT INFO:

Phone: 1-800-STROKES  
E-mail: [info@stroke.org](mailto:info@stroke.org)

The National Stroke Association is a leading national resource for stroke patients and their caregivers. Its mission is to reduce the incidence and impact of stroke by developing compelling educational programs that focus on prevention, treatment, rehabilitation, and support for anyone impacted by a stroke. Visit the “Atrial Fibrillation” section of the Association’s website to learn more about the relationship between atrial fibrillation and strokes.

#### Resource Checklist

- ✓ Information on atrial fibrillation
- ✓ “Afib-Stroke Connection” initiative
- ✓ Tools for patients
- ✓ Additional resources
- ✓ Information for caregivers
- ✓ Stroke telephone helpline

# StopAfib.org

[www.stopafib.org](http://www.stopafib.org)

Search [ ] [▶] Newsletter Sign Up First Name: \* Last Name: \* Email: \* [▶]

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

- ▶ What is Afib?
- ▶ Why is Afib a Problem?
- ▶ Can Afib Be Managed?
- ▶ Can Afib be Cured?
- ▶ Patient Stories
- ▶ Afib News and Events
- ▶ Patient and Caregiver Resources
- ▶ Find Afib Services

### Atrial Fibrillation: For Patients By Patients

Atrial fibrillation (AF or afib) is the most common irregular heartbeat and is characterized by heart palpitations, dizziness, and shortness of breath. This progressive and debilitating disease can lead to stroke, heart failure, and Alzheimer's disease, and can double your risk of death. Afib takes a physical toll, an emotional toll, and a financial toll on those who are living with it—not just the patient, but the family, too.

getinrhythm.com  
**ATRIAL FIBRILLATION  
PATIENT CONFERENCE**  
March 28th & 29th  
**REGISTER TODAY**

#### ADDRESS:

PO Box 541  
Greenwood, TX 76246

#### CONTACT INFO:

E-mail: Online

StopAfib.org is a patient-to-patient Internet resource dedicated specifically to helping patients control their atrial fibrillation so that it does not rule their lives. StopAfib.org, part of the American Foundation for Women's Health, was founded by Mellanie True Hills, an atrial fibrillation patient who was able to cure her condition. Mellanie wanted to share what she and other patients had learned in an effort to provide others with answers to their questions about atrial fibrillation.

#### Resource Checklist

- ✓ Information on atrial fibrillation
- ✓ Patient stories
- ✓ News
- ✓ Additional resources
- ✓ Atrial fibrillation services locator
- ✓ Information for caregivers
- ✓ Newsletter

# The Educated Patient®

[www.TheEducatedPatient.com](http://www.TheEducatedPatient.com)

**THE Educated Patient®**  
Resources for Health Care Professionals and their patients.

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**USNews Pharmacy Times** As featured on **TODAY**

**Top News**

Welcome to [www.TheEducatedPatient.com](http://www.TheEducatedPatient.com)!

The Educated Patient® is a collection of disease-specific articles and resources designed to provide patients, their families and caregivers, with information to help them better understand their condition as well as options for self-care.

Information presented here does not represent exhaustive literature reviews and should not replace care or guidance provided by qualified medical professionals.

**#1 PHARMACIST RECOMMENDED BRAND**  
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**USNews**  
A WORLD REPORT

**Nutrition**

**Stomach & GI**

**Allergy & Respiratory**

**Skin Health**

**Mental Health**

**Cancer**

#### ADDRESS:

666 Plainsboro Road  
Suite 300  
Plainsboro, NJ 08536

#### CONTACT INFO:

Phone: (609) 716-7777  
E-mail: [info@TheEducatedPatient.com](mailto:info@TheEducatedPatient.com)

The Educated Patient® is a collection of disease-specific articles and resources designed to provide patients, their families, and their caregivers with information to help them better understand their condition and their options for self-care. Visit the “Heart Health” section of The Educated Patient® website for information and resources specifically for people affected by atrial fibrillation.

#### Resource Checklist

- ✓ Information on atrial fibrillation
- ✓ Feature articles
- ✓ *The OTC Guide*™ patient guides
- ✓ Cou-Co® resource for pharmacy coupons and co-pay assistance
- ✓ Additional resources

# StopAfib—AtrialFibrillationBlog.com

[www.atrialfibrillationblog.com](http://www.atrialfibrillationblog.com)



**ADDRESS:**  
 PO Box 541  
 Greenwood, TX 76246

**CONTACT INFO:**  
 E-mail: Online

The StopAfib Atrial Fibrillation Blog, part of StopAfib.org, was established to help guide patients along their journey with atrial fibrillation. StopAfib.org, part of the American Foundation for Women’s Health, was founded by Mellanie True Hills, an atrial fibrillation patient who was able to cure her condition. Mellanie wanted to share what she and other patients had learned in an effort to provide others with information and answers to their questions about atrial fibrillation.

### Resource Checklist

- ✓ Blog
- ✓ Videos
- ✓ Additional resources
- ✓ Newsletter

# DailyStrength—Atrial Fibrillation Support Group

[www.dailystrength.org/c/Atrial-Fibrillation-AFib/support-group](http://www.dailystrength.org/c/Atrial-Fibrillation-AFib/support-group)

Sharecare The Dr. Oz Show DailyStrength RealAge

DailyStrength Join | Help | Sign In

Home Support Groups Health Blogs Expert Answers Treatments People Find a Condition, Treatment or Advisor Search

Free, anonymous support from people just like you. Join Now, Get Support!

Atrial Fibrillation (AFib) Support Group

Home Discussions Health Blogs Expert Answers Treatments Members Goals Groups

SEARCH: Discussions Search

MEMBER SIGN IN

DailyStrength Connect

Email or Username

Password

Remember me

Login

Lost your password?

No account? Register now. It's FREE, quick, and easy.

Join Now

Recent Discussions: Add a Topic | View All »

Topics	Replies	Last Post
No Cardioversion today!	9	By yogacat 8:11 pm
Setting the Record Straight on Fats	3	By buddyc22 10:42 am
prayers	6	By buddyc22 10:39 am
Beta Blockers	9	By buddyc22 10:37 am
thoughts in my head	8	By yogacat 10:19 am
Ablation and PAC's	7	By deanchr1 7:30 am
Update of Afib journey	4	By Orchard25 Yesterday
New procedure?	1	By pacyetep Yesterday
Back with a bang	21	By lalab707 Yesterday
Ablation report by gotfie	7	By lalab707 Yesterday

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LATEST ACTIVITY

hippyone gave jancam a hug 3/7

yogacat replied to Orchard25's Discussion Post 3/7

## ADDRESS:

3280 Peachtree Road  
Suite 600  
Atlanta, GA 30305

## CONTACT INFO:

E-mail: Online

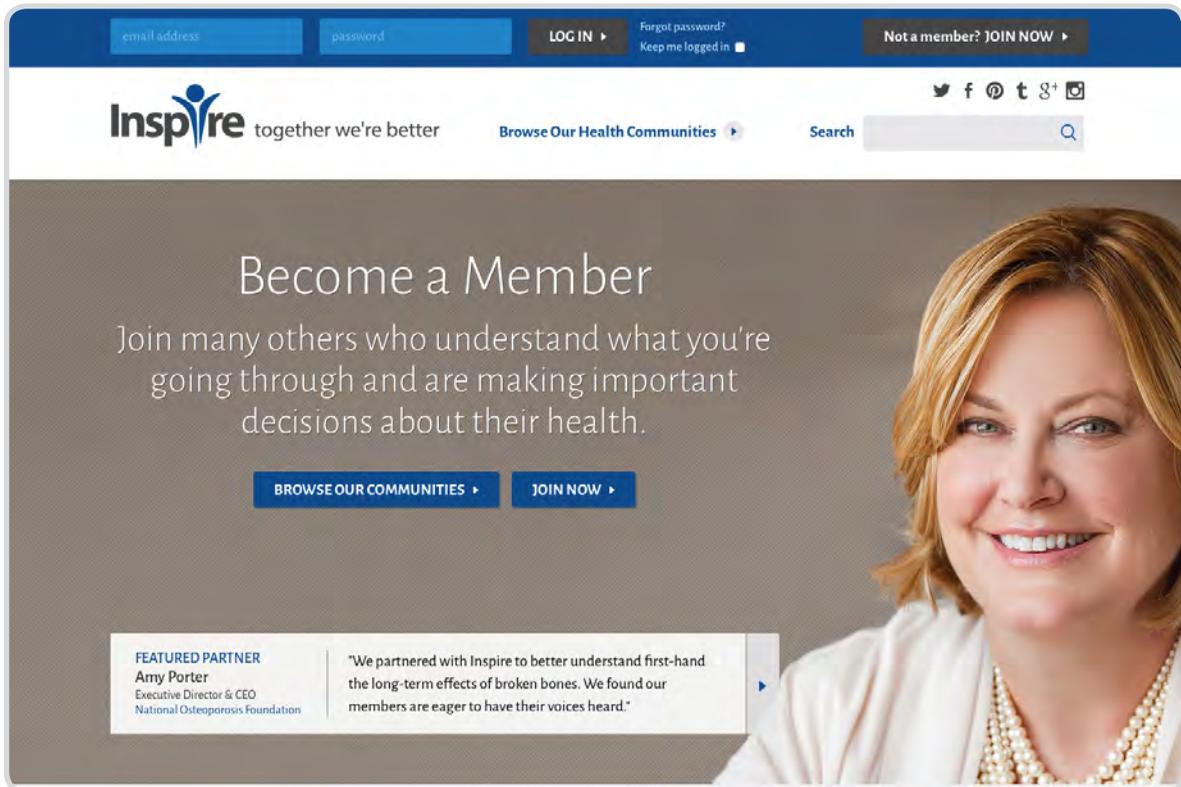
DailyStrength, a subsidiary of Sharecare, Inc, describes itself as “The first truly interactive healthcare ecosystem giving consumers the ability to ask, learn, and act on the questions of health.” The DailyStrength community, Atrial Fibrillation Support Group, includes free health information provided by advisors who are experts in their respective areas, and anonymous support from other patients who have or who have had atrial fibrillation.

## Resource Checklist

- ✓ Blogs
- ✓ Expert answers
- ✓ Internet forum
- ✓ Additional resources

# Inspire

[www.inspire.com](http://www.inspire.com)



#### ADDRESS:

66 Witherspoon Street  
Suite 402  
Princeton, NJ 08540

#### CONTACT INFO:

Phone: 1-800-945-0381  
E-mail: [team@inspire.com](mailto:team@inspire.com)

Inspire was created with the belief that patient contributions to medical progress have been historically underappreciated, and that progress in medical research will result from involving patients as well as fully valuing their contributions. This privately held company partners with organizations to provide online patient communities in a safe, privacy-protected environment.

#### Resource Checklist

- ✓ Information on atrial fibrillation
- ✓ “Create your own website” feature
- ✓ “Start an Inspire partner organization” feature

# Mended Hearts

[www.mendedhearts.org](http://www.mendedhearts.org)

Officers Login | Members Login | Newsletter Sign-Up

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Mended Hearts

About Us | Stories of Inspiration | Get Involved | Education | Resources | In the News

## Heart Disease Ends With Me

As the oldest peer-to-peer cardiac support group in the country, Mended Hearts' 300 chapters and 20,000 members touch the lives of Americans in 48 states.

Our physician-endorsed support model assists patients and caregivers from diagnosis through the journey of recovery with social, emotional, and practical support.

[Learn more. »](#)

Mended Hearts partners with Janssen in "Drive4Clots" campaign. [How you can help! »](#)

Why Cholesterol Matters: Why You Should Be Tested for High Cholesterol and FH [More »](#)

Mended Hearts Education & Training Conference  
JUNE 24-27, 2015  
ORLANDO, FL [»](#)

Market Place

Find us on Facebook

Take the Cholesterol Counts Poll [»](#)

Chronic Heart Failure Go-to Guide [Access now »](#)

#### ADDRESS:

8150 N Central Expressway, M2248  
Dallas, TX 75206

#### CONTACT INFO:

Phone: 1-888-HEART99  
E-mail: [info@mendedhearts.org](mailto:info@mendedhearts.org)

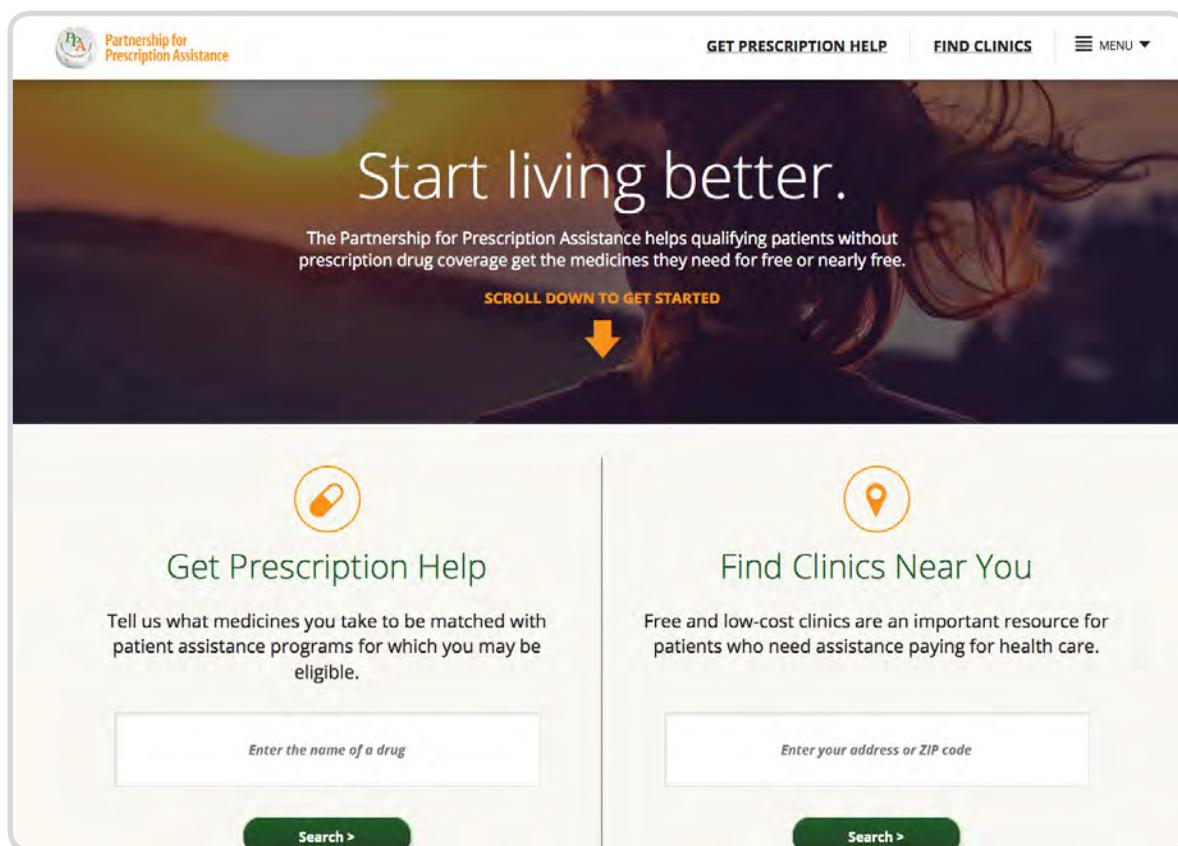
Mended Hearts is a national and community-based nonprofit organization that instills hope to heart disease patients, their families, and their caregivers. The Mended Hearts Support Groups work to improve the quality of life for heart patients and their families through ongoing peer-to-peer support. Volunteers of Mended Hearts offer this support through in-person hospital visits, Internet communications, and telephone calls to patients.

#### Resource Checklist

- ✓ Information on atrial fibrillation
- ✓ Information for caregivers
- ✓ Peer-to-peer support
- ✓ Videos
- ✓ Newsletters

# Partnership for Prescription Assistance

[www.pparx.org](http://www.pparx.org)



**CONTACT INFO:**  
E-mail: [Online](mailto:Online)

The Partnership for Prescription Assistance (PPA) helps qualifying patients without prescription drug coverage receive the medicines they need for free or at reduced cost. The organization’s mission is to increase awareness of patient assistance programs so that more people who are eligible will enroll. The PPA serves as a single point of access to more than 475 public and private programs, including nearly 200 offered by biopharmaceutical companies.

### Resource Checklist

- ✓ Prescription coverage programs
- ✓ Co-pay assistance
- ✓ Medical supply assistance

# Patient Advocate Foundation

[www.patientadvocate.org](http://www.patientadvocate.org)

**PAF Patient Advocate Foundation**  
Solving Insurance and Healthcare Access Problems | since 1996

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**HAVE A QUESTION?**  
Professional Case Managers are standing by to help.  
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Participate in our Legacy Campaign

Help Us Reach Our Goal of Supporting Our Millionth Patient with Direct Case Management Services

*get involved now*  
Learn More

TRY TO STOP ONE HEART FROM BREAKING

We are here for you

- Helping educate you about your insurance options
- Taking the confusion out of complex enrollment forms
- Finding financial help for medication co-pays
- Taking the questions out of the disability process
- Identifying care options for the uninsured

**Patient Services**  
The Process is Simple. Patient Advocate Foundation's Patient Services provides patients with arbitration, mediation and negotiation to settle issues with access to care, medical debt, and job retention related to their illness. Select one of the following to learn more about how PAF Patient Services may assist you:  
Specialized Patient Programs [View Resource](#)

**Educate**  
Knowledge is Power. Select from the following topics for direct access to helpful resources utilized by our case managers when resolving issues:  
Healthcare Reform [View Resource](#)  
[Click here to submit a resource](#)

**News**  
**NEW CEO POST** ◀  
Dealing with insurance denials is a critical part of removing barriers to care.  
**01.08.2015** ◀  
PAF Launches New Co-Pay Assistance for Hepatitis B Patients  
**01.07.2015** ◀  
PAF Congratulates Founder & Former CEO Nancy Davenport-Ennis on Retirement

**Facebook**

#### ADDRESS:

421 Butler Farm Road  
Hampton, VA 23666

#### CONTACT INFO:

Phone: 1-800-532-5274

E-mail: [help@patientadvocate.org](mailto:help@patientadvocate.org)

The Patient Advocate Foundation (PAF) offers assistance to patients who receive a diagnosis of a life-threatening or debilitating disease. PAF case managers assist patients with issues specific to insurance, an employer, or a creditor regarding health coverage, job retention, and debt crisis matters.

#### Resource Checklist

- ✓ Downloadable resources
- ✓ Resource directories
- ✓ Clinical trials information
- ✓ Information for uninsured patients
- ✓ Co-pay assistance
- ✓ Webinars
- ✓ Online assistance
- ✓ Toll-free helpline

# RxResource.org

www.rxresource.org

Mar 7, 2015 [Social Media Icons] 172

**RxResource.org**  
Prescription Drug News and Resource Center

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Enter Medication [Search]

Browse All Medications: A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 0-9

Prescription Assistance Plans | Health Resources | Healthy Living | News | Pharmacy Resources

RxResource Home | TEXT-SIZE: + - R

### Immunization Resources

Be prepared for Flu Season by learning about the influenza virus and the benefits of vaccinations.

[Learn More »](#)

### Health Topics

- Blood Pressure Basics
- Controlling Cholesterol with Statins
- Coping With Lung Cancer
- Pregnancy Guide and FAQ

[View More Topics »](#)

### Welcome to RxResource

At RxResource.org, it is our mission to increase awareness and access to all resources and benefits that are available to seniors, uninsured, and underinsured patients. RxResource.org works with the public and private sector to assimilate and provide news, drug information, reviews, and updates. RxResource.org is also designed to provide knowledge and support to individuals looking for information on Rx assistance and programs.

### Top News Stories

#### FDA Approves Apixaban for DVT & PE

March 2, 2015

Apixaban (Eliquis) is a new oral anticoagulant that inhibits Factor Xa, similar to fondaparinux. Through the ARISTOTLE trial, Apixaban was found to be superior

### RxSchool Live

AMN Healthcare Education Services

**\$10 off any LIVE and Distance CE course on RxSchool.com**  
Good through 6/30/2015  
CODE: RXRESOURCE  
Enter code when prompted at time of purchase

### FDA Drug Safety Information

- Adverse Event Reporting
- Drug Safety Podcasts
- Healthcare Professionals
- Product Safety Information

### Tweets

[Follow](#)

**Rx Resource** @Rx\_Resource 3 Mar  
FDA Approves Apixaban for DVT

#### CONTACT INFO:

Phone: 1-800-997-7739

E-mail: Online

RxResource.org is a free, nationally acclaimed website that was developed to provide real-time news and information on prescription drugs and programs. RxResource.org works with the public and private sectors to disseminate drug information, reviews, and updates in an effort to provide knowledge and support to individuals in need of prescription assistance.

#### Resource Checklist

- ✓ Prescription coverage programs
- ✓ Healthy recipes
- ✓ Exercise and fitness information
- ✓ Drug information search tool
- ✓ News
- ✓ Toll-free helpline

## PATIENT EDUCATION RESOURCES

Website	Address	Contact
<b>American Heart Association—Atrial Fibrillation</b> <a href="http://www.heart.org/HEARTORG/Conditions/Arrhythmia/TypesofArrhythmias/Fibrillation_UCM_302027_Article.jsp">www.heart.org/HEARTORG/Conditions/Arrhythmia/TypesofArrhythmias/Fibrillation_UCM_302027_Article.jsp</a>	American Heart Association 7272 Greenville Avenue Dallas, TX 75231	<b>Phone:</b> 1-800-242-8721 <b>E-mail:</b> Online
<b>Atrial Fibrillation Association - United States of America</b> <a href="http://www.atrialfibrillation-us.org">www.atrialfibrillation-us.org</a>	Atrial Fibrillation Association - United States of America PO Box 5507 Hilton Head Island, SC 29938	<b>Phone:</b> (843) 415-1886 <b>E-mail:</b> info@afa-us.org
<b>Cardiosmart—American College of Cardiology</b> <a href="http://www.cardiosmart.org/Heart-Conditions/Atrial-Fibrillation">www.cardiosmart.org/Heart-Conditions/Atrial-Fibrillation</a>	American College of Cardiology 2400 N Street NW Washington, DC 20037	<b>Phone:</b> 1-800-253-4636 <b>E-mail:</b> resource@acc.org
<b>Heart Rhythm Society—Atrial Fibrillation</b> <a href="http://www.hrsonline.org/PatientResources/Heart-Diseases-Disorders/Atrial-Fibrillation-AFib#axzz3DVmwkhHi">www.hrsonline.org/PatientResources/Heart-Diseases-Disorders/Atrial-Fibrillation-AFib#axzz3DVmwkhHi</a>	Heart Rhythm Society 1400 K Street NW, Suite 500 Washington, DC 20005	<b>Phone:</b> (202) 464-3400 <b>E-mail:</b> info@HRsonline.org
<b>Mayo Clinic—Atrial Fibrillation</b> <a href="http://www.mayoclinic.org/diseases-conditions/atrial-fibrillation/basics/definition/con-20027014">www.mayoclinic.org/diseases-conditions/atrial-fibrillation/basics/definition/con-20027014</a>	Mayo Clinic 200 First Street SW Rochester, MN 55905	<b>Phone:</b> (507) 284-2511 <b>E-mail:</b> Online
<b>National Blood Clot Alliance</b> <a href="http://www.stoptheclot.org/Afib/afib.htm">www.stoptheclot.org/Afib/afib.htm</a>	National Blood Clot Alliance 110 North Washington Street, Suite 328 Rockville, MD 20850	<b>Phone:</b> 1-877-4-NO-CLOT <b>E-mail:</b> info@stoptheclot.org
<b>National Stroke Association—Atrial Fibrillation</b> <a href="http://www.stroke.org/site/PageServer?pagename=afib">www.stroke.org/site/PageServer?pagename=afib</a>	National Stroke Association 9707 E Easter Lane, Suite B Centennial, CO 80112	<b>Phone:</b> 1-800-STROKES <b>E-mail:</b> info@stroke.org
<b>StopAfib.org</b> <a href="http://www.stopafib.org">www.stopafib.org</a>	StopAfib.org—American Foundation for Women’s Health PO Box 541 Greenwood, TX 76246	<b>E-mail:</b> Online
<b>The Educated Patient</b> <a href="http://www.TheEducatedPatient.com">www.TheEducatedPatient.com</a>	666 Plainsboro Road Suite 300 Plainsboro, NJ 08536	<b>Phone:</b> (609) 716-7777 <b>E-mail:</b> info@TheEducatedPatient.com

## RESOURCE REFERENCE CHART

Website	Address	Contact
<b>StopAfib—AtrialFibrillationBlog.com</b> <a href="http://www.atrialfibrillationblog.com">www.atrialfibrillationblog.com</a>	StopAfib.org—American Foundation for Women’s Health PO Box 541 Greenwood, TX 76246	E-mail: Online
<b>DailyStrength—Atrial Fibrillation Support Group</b> <a href="http://www.dailystrength.org/c/Atrial-Fibrillation-AFib/support-group">www.dailystrength.org/c/Atrial-Fibrillation-AFib/support-group</a>	DailyStrength 3280 Peachtree Road, Suite 600 Atlanta, GA 30305	E-mail: Online
<b>Inspire</b> <a href="http://www.inspire.com">www.inspire.com</a>	Inspire 66 Witherspoon Street, Suite 402 Princeton, NJ 08540	Phone: 1-800-945-0381 E-mail: team@inspire.com
<b>Mended Hearts</b> <a href="http://www.mendedhearts.org">www.mendedhearts.org</a>	The Mended Hearts, Inc. 8150 N Central Expressway, M2248 Dallas, TX 75206	Phone: 1-888-HEART99 E-mail: info@mendedhearts.org

## FINANCIAL ASSISTANCE RESOURCES

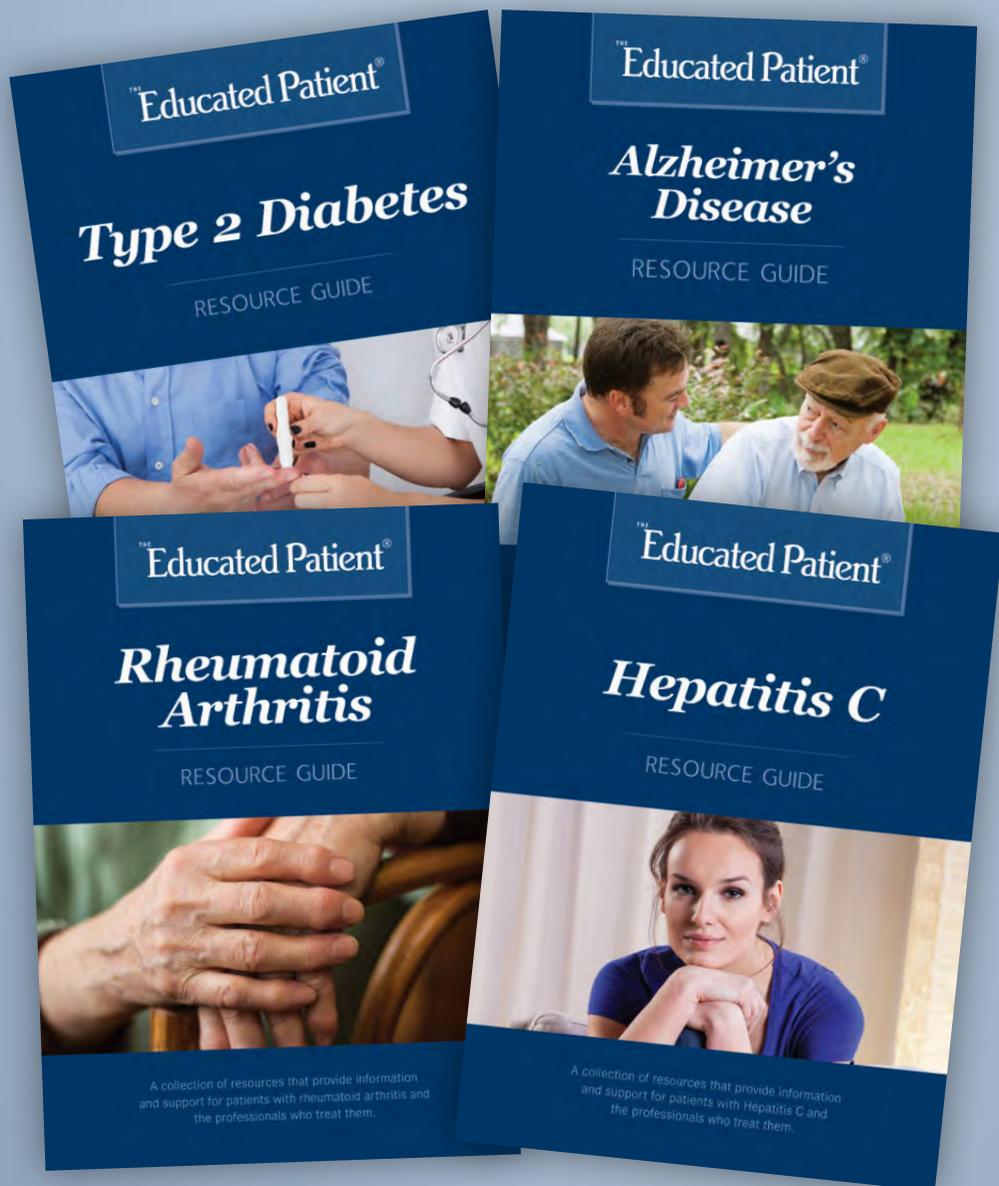
Website	Address	Contact
<b>Partnership for Prescription Assistance</b> <a href="http://www.pparx.org">www.pparx.org</a>		E-mail: Online
<b>Patient Advocate Foundation</b> <a href="http://www.patientadvocate.org">www.patientadvocate.org</a>	Patient Advocate Foundation 421 Butler Farm Road Hampton, VA 23666	Phone: 1-800-532-5274 E-mail: help@patientadvocate.org
<b>RxResource.org</b> <a href="http://www.rxresource.org">www.rxresource.org</a>		Phone: 1-800-997-7739 E-mail: Online



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RESOURCE GUIDES

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# Atrial Fibrillation

RESOURCE GUIDE



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and support for patients and the professionals who treat them.

This **Atrial Fibrillation Resource Guide** has been developed to help inform and support patients with atrial fibrillation and the caregivers who treat them. If you would like additional copies of this resource guide, please fill out the form below and drop this postage-paid postcard in the mail.

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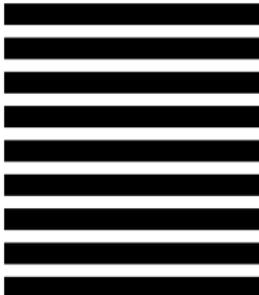
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