

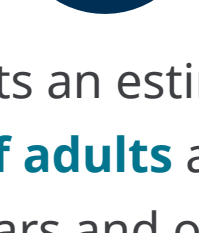
Atrial Fibrillation

Get a Beat on This Common Arrhythmia

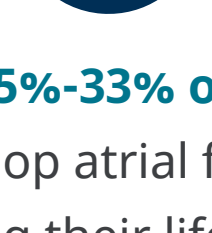
Atrial fibrillation, frequently called "A fib," is a common arrhythmia characterized by rapid and chaotic atrial electrical activity, ineffective atrial filling/contraction, and lack of coordination between the atria and ventricles. The result is an irregularly irregular rapid heart rate.



An estimated **20.9 million men** and **12.6 million women** worldwide have atrial fibrillation.



It affects an estimated **3% of adults** aged 20 years and older.



About **25%-33% of people** will develop atrial fibrillation during their lifetime.

Risk Factors

- + Older Age (Risk increases with age)
- + Male Gender
- + White Race/Ethnicity
- + Alcohol Consumption
- + Cardiovascular Risk Factors: Diabetes Mellitus, Hypertension, Metabolic Syndrome, Obesity and Smoking
- + Chronic Kidney Disease
- + Excessive Vitamin D or Niacin Intake
- + Frequent Vigorous Exercise
- + Infections

Prevention

Primary prevention focuses on controlling risk factors, which can include:



BP Reduction



Moderate Physical Activity



Smoking Cessation



Weight Loss, Including via Bariatric Surgery in Patients with Severe Obesity

Secondary prevention should focus on:



Oral Anticoagulant Therapy



Treatment of Obstructive Sleep Apnea



Weight Loss

Signs & Symptoms

Atrial fibrillation may be **asymptomatic**. When signs/symptoms occur, they include:



Palpitations



Chest Pain



Dizziness, Lightheadedness, and Syncope



Fatigue, Weakness, or Impaired Exercise Tolerance



Rapid Heart Rate



Dyspnea

Potential Complications

- + Ischemic Stroke (Atrial Fibrillation is Associated with a 5-Fold Increase in Risk and is the Cause of **15% of All Strokes**)
- + Heart Failure
- + Chronic Kidney Disease
- + Cognitive Impairment and Dementia
- + Myocardial Infarction
- + Sudden Cardiac Death

Did You Find This Information Helpful?

This infographic was created based on content found in *Dynamic Health™*, an innovative evidence-based information resource designed to help nurses and allied health professionals master critical skills, obtain fast, accurate answers to clinical questions, and foster a culture of evidence-based practice and critical thinking, leading to improved patient outcomes.

[Learn More](#)

[Request a Demo](#)