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Atrial fibrillation management guidelines pdf

Start evaluating Atrial Fibrillancy (Afib) is a serious heart disease that affects millions in the United States, where the upper and lower chambers of the heart do not function properly. Afib can occur from time to time, or it can often become a problem that requires evaluation and treatment. If you or a loved one has an irregular heartbeat, arm yourself with facts can help verify this heart disease. With effective treatment, a person with a fib can live an active, full life. Take this quiz to find out how much you know about a fib. Last Updated: May 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 tingle irregularly. This causes the lower ventricles of the heart not to be properly filled with blood. Although some people with atrial fibrillation experience nothing or little symptoms, the event can cause palpitations, light, dizziness, shortness of breath, poor exercise tolerance and chest discomfort. Knowing the warning signs can help people quickly seek medical attention and avoid complications. Many factors can put a person at greater risk of atrial fibrillation. Ageing is one of the biggest risk factors; Nine per cent of those aged 65 and over are sick. High blood pressure and obesity also significantly increase the risk of developing AFib. Other risk factors include previous heart failure Inflammatory heart disease Hypothyroidism of European descent Diabetes Current kidney disease Hecical alcohol consumption or smoking Sensitive heart chambers On the left side people Images/ Getty Images The human heart has four chambers: two upper chambers or atria and two lower chambers or ventricles. A natural pacemaker called the sinus knot regulates the heartbeat. When a person has AFib, impulses that tell the upper chambers to contract arise from parts of the heart other than the sinoatrial node. This causes chaotic beatings in Atria, which an AFib person thinks can be palpitations. These beats can be unpleasant and can be described as a sense of racing, an idiosyncronous feeling or even a flopping in the chest. kopicoo / Getty Images Atrial fibrillation can cause the heart to pump blood ineffectively, leading to general weakness and fatigue. Although high blood pressure is a risk factor for atrial fibrillation, irregular pumping of the heart can also lead to a dangerous sudden drop in blood pressure or contribute to persistent low blood pressure. This can make people feel that their energy levels are low. Cecilie_Arcurs/Getty Images Ineffective heartbeats cause blood flow loss. This means that parts of the body may not receive adequate blood circulation. Without fresh oxidized blood to the muscles, a person may feel tired and tired during exercises, are usually not challenging. Palpitations can also cause anxiety exercise, scaring joggers and cyclists to finish their workouts early. svetikd / Getty Images Blood pressure dips and spikes due to atrial fibrillation can cause major dizziness or intoxication. These feelings can be unpleasant and can prevent a person by focusing on their work or performing 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 injury, especially in older adults. courtneyk/Getty Images Heart failure occurs when the heart does not pump enough blood for the needs of the whole body. If left untreated, AFib sometimes leads to heart failure because elevated heart rate and incomplete filling of the heart chambers mean the body is unable to fill enough blood to pump effectively through the body. Blood pools in calculators that lead from the lungs to the heart, causing fluid to twist into the lungs and leading to shortness of breath, wheezing, gasping and fatigue. CatharzynaBialasiewicz / Getty Images Chest pain is one of the most alarming symptoms associated with AFib. In some people, a quick heartbeat causes chest pain or angina from the pector, since heart pumping problems cause less blood flow to the heart muscle itself. Those with other heart problems in addition to AFib are more likely to experience this symptom. Remember that chest pain is often a serious symptom that needs immediate medical attention. People Images / Getty Images When the heart does not pump blood correctly, the liquid can accumulate and accumulate in the legs, ankles and legs. This can cause fluid retention and swelling, which can become painful. Fluid retention also causes weight gain and a swollen, swollen appearance that can make a person feel conscious or unhealthy. gchutka / Getty Images Atrial fibrillation on its own can be unpleasant or alarming, but it does not always cause major medical problems. However, AFib, which remains untreated over time, can exacerbate or precede more serious problems such as stroke, heart failure or inconsistent blood flow. It can even lead to other cardiac arrhythmias or chronic fatigue. People with atrial fibrillation also have a higher risk of developing stroke and heart failure. Moyo Studio/Getty Images There are many ways to block AFib. In any case, many of them are part of a healthy lifestyle, such as eating a healthy diet, exercising, reducing stress, smoking and maintaining proper weight. Restricting caffeine and alcohol can also help. Be careful with over-the-counter drugs, as some contain stimulants that can cause irregular heartbeat. FatCamera / Getty Images Atrial fibrillation is a heart arrhythmia that causes a quick and irregular heartbeat. The heart is a muscle with four chambers through which blood flows. The upper chambers are atria. The two lower chambers are the ventricles. What's atrial fibrillation? Atrial fibrillation is the most common cardiac arrhythmias (irregular heartbeat) that can interrupt normal circulation. This interruption means that conditions predispose blood clots and stroke. Between 2.7 million and 6.1 million Americans have atrial fibrillation (AFib or AF). With AFib, this affects the two upper chambers of your heart (atria). This interferes with blood flow to the chambers or lower chambers and then to the rest of your body. If left untreated, AFib can be lethal. Atrial fibrillation can be temporary, it can come and go, or it can be permanent. It is also most common among adults over the age of 65. But with proper medical care, you can live a normal, active life. You may not need treatment if you don't have symptoms, if you don't have any other heart problems, or atrial fibrillation stops spontaneously. If you need treatment, your doctor may recommend the following types of medicines: beta-blockers to reduce heart rate calcium tract inhibitors to relax arterial muscles and reduce overall heart rate Sodium or potassium tract inhibitors cardiac arrhythmia digitalis glycosides To control the levels of cardiac contractions, blood thinners prevent blood clots from forming vitamin K oral anticoagulants (NOAC) are the recommended blood thinners for AFib. They include rivaroxaban (Xarelto) and apixaban (Eliquis). In general, the purpose is to take medications AFib is to normalize heart rate and promote better heart function in general. These drugs can also prevent possible blood clots in the future, as well as related complications such as heart attack and stroke. Depending on your condition, your doctor may recommend several AFib medicines. Although the exact cause of AFib is not always known, there are some factors that can put you at greater risk due to this condition. Some of these can be prevented, while others are genetic. Talk to your doctor about the following risk factors: increased risk factors (the older you are, higher risk) caucasian malea family history as atrial fibrillation of heart failure congenital heart vatripericarditis history cardiac surgery cardiac surgery cardiac surgery cardiac surgery obesity lung disease diabetes drinking alcohol, in particular binge drinking apneahigh-dose steroid treatment Regular medical treatment and examinations the doctor may help avoid complications. But if left untreated, atrial fibrillation can be severe and even deadly. Serious complications include heart failure and stroke. Drugs and lifestyle habits can both help prevent these in people with AFib. Stroke occurs as a result of a blood clot in the brain. This will deprive your brain of oxygen, which can lead to permanent damage. Strokes can also be fatal. Heart failure occurs when your heart no longer works properly. AFib can consume the heart muscle because the ventricles of the lower chambers try to work harder due to lack of blood circulation in people with AFib, AFib, failure develops over time - it is not a sudden event, as a heart attack or stroke can be. Following a treatment plan can reduce the overall potential for complications due to AFib. Take all your medications with a prescription prescribed by your doctor. And learn about possible AFib complications and their symptoms. There are several different tests that can be done to get a better idea of what is happening in the heart function. Your doctor may use one or more of the following tests to diagnose atrial fibrillation: physical examination to check pulse, blood pressure and pulmonary electrocardiogram (ECG), a test that records electrical impulses in your heart for a few seconds If atrial fibrillation does not occur during ecg, your doctor may get you to use a portable ECG monitor or try another type of test. These tests include: a Holter display, a small portable device that you use for 24-48 hours to track your heart. an event monitor, a device that stores your heart only at certain times, or when you have symptoms of an AFib echocardiogram, from a non-invasive test that uses sound waves to produce a moving image of your heart. a transesophageal echocardiogram, an invasive version of an echocardiogram performed by placing a probe on an oesophagus test that monitors your heart during an X-ray of exercise clouds to look at cardiac and pulmonary blood tests to check for thyroid and metabolic diseases For chronic or severe AFib, surgery may be a preferred option. There are various surgeries that target the heart muscle to help it pump blood more efficiently. Surgery can also help prevent heart damage. Types of surgeries that can be used to treat AFib include: Electric cardio version In this procedure, a short electric shock resets the rhythm of heart contractions. Catheter ablation In catheter ablation, the catheter produces radio waves to the heart to destroy abnormal tissue that emits irregular impulses. Atrioventricular (AV) node ablation Radio waves destroy the AV node that connects atria and the chambers in this procedure. Then atria can no longer send signals to the chambers. The pacemaker is set to maintain a regular rhythm. Maze surgery Radar is an invasive surgery that can be either through open heart or small incisions in the chest, during which the surgeon makes small incisions or burns in the heart atria to create a labyrinth of scars that prevent abnormal electrical impulses from reaching other areas of the heart. This surgery is only used in cases where other treatments failed. Your doctor may also recommend other measures to treat underlying diseases such as thyroid or heart disease that may be caused by AFib. Surgery is one of the treatment methods AFib. Still, medication and lifestyle changes are recommended as the first on treatment lines. Your doctor may recommend as a last resort if your condition is difficult. Most atrial fibrillation cases can be controlled or treated. But at the very first of us. Atrioventricular. strives to recover and get worse over time. To reduce the risk of atrial fibrillation, follow these steps: eat a diet rich in fresh fruits and vegetables and little saturated and trans fat exercise regularly with healthy weight loss smoking alcohol or drink only small amounts of alcohol occasionally on doctor's advice to treat underlying health problems that you have AFib's most common complications are strokes and heart failure. If you have AFib and are not taking proper medication, you are five times more likely to have a stroke than people without AFib. Although no diet has been set for atrial fibrillation, AFib's dietary concerns focus instead on heart-healthy foods. AFib's diet is likely to include more plant-based foods such as oats, fruits and vegetables. Fish is also a good source of protein, and its omega-3 fatty acid content makes it especially good for the heart. There are foods and substances that can make AFib worse. These include: alcohol (especially when drinking) caffeine - coffee, soda, tea and other sources can make your heart work even harder with grapefruit, which can interfere with AFib drugs with agluten, which can increase inflammation if you have an allergy or sensitivity-prone and saturated fats K-rich foods such as dark leafy vegetables, as they can interfere with the blood thinner warfarin (Coumadin) AFib diet is much like any other heart-healthy diet. It focuses on nutrient-rich foods while avoiding irritants and low-density foods. Talk to your doctor about your farm's eating plan. In addition to dietary recommendations, your doctor may also suggest certain supplements if you have few essential nutrients that are vital for heart health. Talk to your doctor before taking additional supplements, as these may have side effects or interact with medicines. Some supplements used in AFib are: magnesium fish oil coenzyme Q10 wexen celtaurine hawthorn berry Toi other natural treatments AFib includes healthy lifestyles such as exercise and stress reduction. Exercise is important for your heart's health, but it's good for you to take it slowly, especially if you're new to working out. High intensity exercises such as running may be too much for people with AFib. But moderate to low intensity activities such as walking, swimming and cycling can still burn calories, strengthen your heart and relieve stress. Since stress can also affect heart health, it is important to maintain a healthy state of mind. Deep breathing exercises can relieve everyday stress, while a yoga class can help you achieve a deeper meditative state (with an added bonus of muscle and flexibility). Even doing enjoying your favorite hobby help you achieve more relaxation and better heart health. Natural treatments can help AFib when used in combination with conventional medical treatments. More research is needed to see if alternative treatments can help So stick to your medical plan. Ask your doctor how you can effectively incorporate natural treatments into your current AFib treatment plan. According to the American Heart Association, AFib's official guidelines outline treatment options based on your existing condition and medical history. Your doctor is likely to use these when recommending a treatment plan. In general, a combination of lifestyle habits and medications can help you prevent heart failure and stroke. Your doctor will also classify AFib to determine whether it is acute (short-term) or chronic (long-term). Age, gender and overall health also determine individual risk factors. All in all, your treatment focuses on: heart rate control and rhythm evaluation to assess the risk of stroke to the risk of bleeding