

6

Myths About Atrial Fibrillation



MYTH #1

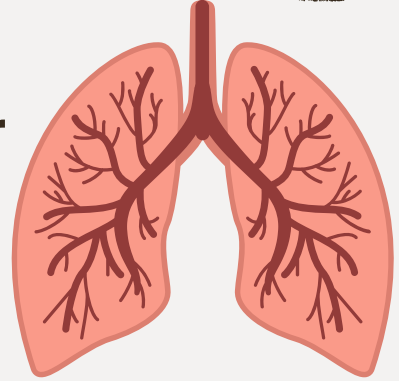
Everyone has palpitations and fluttering

NO! One in four people will develop AF over the age of 64 years and this increases to 50% of people by the age of 80 years old.

MYTH #2

Breathlessness and exhaustion are an indicator of old age

NO! AF can cause you to feel breathless. With AF, the chambers quiver and prevent a steady flow of blood to pass through the heart – causing a feeling of breathlessness and palpitations.



MYTH #3

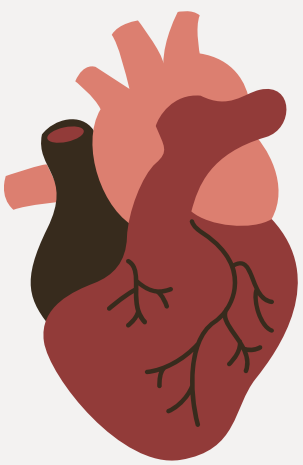
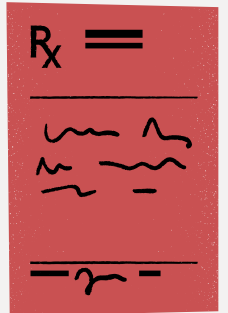
Only old people get Atrial Fibrillation

NO! People in their 30's 40's and 50's can develop AF, however, it is far less common. The sooner AF is detected, diagnosed, anticoagulated to prevent AF-related stroke and the AF treated the better the outcomes for the person with AF.

MYTH #4

If there is no treatment, there is no reason to worry.

NO! There are several treatments from the 'pill in your pocket', regular medication, pacemakers, cardioversion, or ablation (link to our treatment resources @AF Assoc



MYTH #5

Blood thinners don't stop palpitations

NO! Anticoagulation medication does not thin the blood as everyone thinks. It helps to prevent prevent blood clots from forming in the chambers of the heart due to the quivering and irregular rhythm. It is important to prevent clots as they can travel to the brain causing an AF-related stroke (link to resource)

MYTH #6

I have an issue with my heart, not my brain!

NO! Your physician will want to reduce your risk of an AF-related stroke caused by a clot forming in your heart and traveling to your brain. Therefore, the first thing your doctor will discuss with you in anticoagulation therapy to reduce your risk.

