



## CHECKLIST

### WHAT TO ASK MY DOCTOR ABOUT ATRIAL FIBRILLATION?

When you are diagnosed with atrial fibrillation, you may know little about the condition. This checklist will help you to ask your doctor the right questions, and will help you become more familiar with atrial fibrillation, its causes, consequences, risks, and treatment options.

#### WHAT IS ATRIAL FIBRILLATION?

Atrial fibrillation is a commonly occurring heart rhythm abnormality. Atrial fibrillation involves irregular heartbeats that are usually faster than normal. One in four people over the age of 40 develops atrial fibrillation, but not everybody experiences symptoms. You can live a normal life with atrial fibrillation when it is properly treated. The treatment includes not only the control of the abnormal heart beats but also the prevention of clots formation which can cause a stroke<sup>1</sup>.

#### WHAT DO I WANT TO ASK MY DOCTOR ABOUT MY (NEWLY DIAGNOSED) CONDITION?

- What is atrial fibrillation?
- How did I get atrial fibrillation?
- Is atrial fibrillation hereditary?
- What are the dangers or consequences of atrial fibrillation?
- Why can I get a stroke of atrial fibrillation?
- Does atrial fibrillation go away?
- What can I do to make the arrhythmia go away or to reduce the risk of a stroke?

#### WHAT DO I WANT TO ASK MY DOCTOR ABOUT NORMALIZING THE HEART RHYTHM?

- What can the doctor do to make it go away?
- Which treatment do I get to manage atrial fibrillation?
- How do this treatment work?
- Which side effects can I expect?

References:

<sup>1</sup> Kirchhof P et al., Europace. 2016 Nov;18(11):1609-1678.