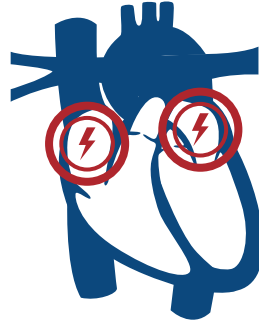


AFRICAN AMERICAN WOMEN AND ATRIAL FIBRILLATION

WHAT IS ATRIAL FIBRILLATION?

Atrial Fibrillation (also known as AFib) is an 'electrical issue' that affects the two top chambers of the heart.

AFib causes these two chambers to shake out of rhythm. This can create blood clots, cause dizziness, shortness of breath or fatigue.



AFRICAN AMERICAN WOMEN WITH AFIB ARE MORE LIKELY TO HAVE A HEART ATTACK THAN THOSE WITHOUT AFIB^{3,5}

AFIB INCREASES THE RISK OF STROKE BY 5x¹



OTHER CONDITIONS THAT CAN ADD TO OR MULTIPLY YOUR RISK OF AFIB AND STROKE:



AGE²



HYPERTENSION



HEART FAILURE



KIDNEY DISEASE

EFFECTS AND TREATMENT DIFFERENCES

Even though AFib is more common in whites, African Americans have higher rates of stroke, heart failure and coronary heart disease than whites when AFib is present.³

African American females with AFib are less likely than white or African American males to visit a physician for screening or receive indicated medications.⁴

IT IS IMPORTANT TO KNOW YOUR RISK AND BE PROPERLY SCREENED.

1. National Stroke Association. Making the Afib-Stroke Connection. <https://www.stroke.org/sites/default/files/resources/Afib-Connection%20for%20hcp.pdf>. Published 2012. Accessed June 13, 2018
2. Chyou, J, Hunter, T, Mollenkopf, S, Turakhia, M, Reynolds, M. (2015). Individual and Combined Risk Factors for Incident Atrial Fibrillation and Incident Stroke: An Analysis of 3 Million At-Risk US Patients. *JAHA*. 4(7). Doi:10.1161/JAHA.114.001723
3. Magnani, J. et al. (2016). Racial Differences in Atrial Fibrillation-Related Cardiovascular Disease and Mortality—The Atherosclerosis Risk in Communities (ARIC) Study. *JAMA Cardiology*. Doi: 10.1001/jamacardio.2016.1025
4. Bhawe, P, Lu, X, Girotra, S, Kamel, H, Sarrazin, M. (2015). Race and sex-related differences in care for patients newly diagnosed with atrial fibrillation. *Heart Rhythm*. 12(1). Doi: 10.1016/j.hrthm.2015.03.031
5. Ruddox, V. et al. (2017). Atrial fibrillation and the risk for myocardial infarction, all-cause mortality and heart failure: a systematic review and meta analysis. *Eur J Prev Cardiol*. 24(14).

CHECK THE QUESTIONS YOU'D LIKE TO ASK YOUR DOCTOR



RISKS AND TESTS

- What kinds of tests will I need to find out if I have a heart condition?
- Which tests are most appropriate for me, given my gender, age and race/ethnicity?
- How often should I have testing to keep track of my risk factors?
- Are my blood pressure numbers within a normal range?
- What plan do you recommend that I follow to lower my risk?



HEART CONDITIONS

- Do I have heart disease?
- Can you explain to me what my heart condition is? Are there different types?
- What do you think has caused it?
- How does this condition affect other aspects of my health and life?
- What is my risk of having a stroke or heart attack?
- What are the long-term effects of on my health?



TREATMENT

- What treatments can help with my condition?
- Do I need medication, and if so, what should I know about them?
- Are there other treatment options?
- What are the benefits and risks of all my treatment options?
- How will we decide which treatment option is right for me?
- Where can I go for more information on my treatment options?



LIFESTYLE

- How can making changes to my lifestyle help now that I have a heart condition?
- Is it safe to exercise?
- What specifically should I do to stay healthy?



HELP

- What are the symptoms of stroke or heart attack that I should watch out for, and what do I do?
- Where can I go to find support?
- How can I learn more?
- What do I do if my symptoms are getting worse?
- Who do I call if I think I'm having an emergency?

MORE QUESTIONS FOR YOUR DOCTOR

Use the space below for any additional questions you have for your doctor:
