Atrial Fibrillation (Afib) is an irregular heartbeat that increases risk of stroke. Here is what you can do to help reduce your risk of stroke:

- Take your medicines every day, as prescribed. These include:
  - Medicines to prevent blood clots. These are called blood thinners or anticoagulants.
  - Watch a short video on medicines that help prevent blood clots at [http://afib.acponline.org/docs/afib/](http://afib.acponline.org/docs/afib/).
  - Medicines to control your heart rhythm or heart rate.
- Learn how to check your heart rate.
- Do not smoke.
- Ask family and friends to help you manage your Afib.

During your visit to your doctor’s office or clinic, ask about:

- Afib symptoms that need immediate attention
- Warning signs of stroke
- Checking your heart rhythm and heart rate
- Eating and drinking right with Afib
- Exercise

Make regular appointments with your doctor’s office, and keep them. To learn more about warning signs of stroke, go to [www.stroke.org](http://www.stroke.org).

Here are questions you can ask your doctor’s office or pharmacist before you start taking medicine to reduce your risk of stroke:

- What are my treatment options to prevent stroke?
- What are the benefits and risks of the anticoagulant I am taking?
- What is the name of my anticoagulant?
- How often should I take my anticoagulant?
- What is the name of my medicine to control my heart rhythm or heart rate?
- What are the side effects of my medicines?
- Does it matter if I take my medicines with or without food?
- Are there any foods or drinks I should not have while taking my medicines?
- If I forget to take my medicines, what should I do?

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