

How to prevent a stroke when you have AFib

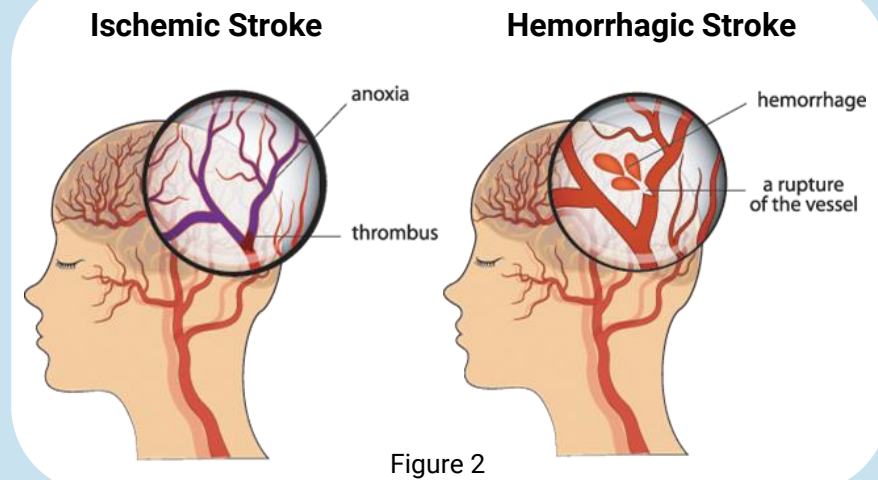
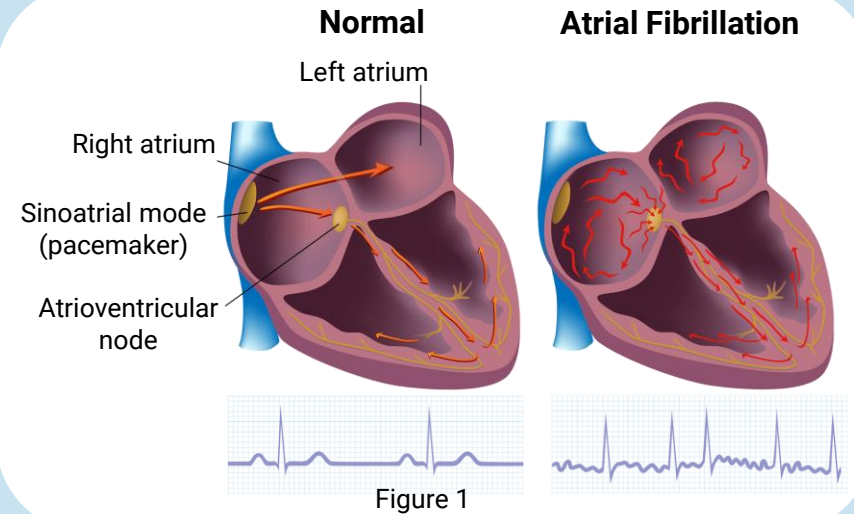
Atrial fibrillation (AFib or AF) occurs when the upper chambers of the heart beat irregularly due to malfunction of the heart's electrical signals (Figure 1). These signals cause improper blood flow out of the heart and increase formation of blood clots. When blood clots travel to the brain, they can block blood flow and cause **ischemic stroke**. People with AFib have more than **5 times the risk of stroke** including **ischemic stroke** and **hemorrhagic stroke** (Figure 2). It also increases the risk for heart failure.

Symptoms may include fatigue, rapid heartbeat, discomfort in the chest, and shortness of breath. However, not all patients may show these symptoms.

Take medications as prescribed to manage the risk of stroke associated with AFib. Blood-thinning medication can reduce blood clots and risk of stroke. Medications include Direct Oral Anticoagulants (DOACs), Warfarin, or Aspirin.

- DOACs are becoming the standard of care due to their high effectiveness and low side effects. DOACs reduce the risks for brain bleeding and do not require routine monitoring. Discuss with your physicians about DOACs, as they have some restrictions and are not recommended for certain valvular conditions.
- Warfarin is a common medication to thin the blood to reduce risk of stroke. Foods that contain vitamin K can interact with it. It is recommended to keep daily vitamin K intake consistent to not affect the dose. Warfarin requires a routine "PT-INR" blood test to determine the degree of thinning or anticoagulation in the blood.

Ablation is a procedure to treat AFib by removing abnormal heart tissues. However, not everyone is a good candidate for this procedure. Talk to your doctor to see if ablation is right for you.



Discuss with your doctor about your treatment plan for AFib and risk of stroke!



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阻止心房顫動 預防腦中風

心房顫動 (AFib) 是指由於心臟電信號故障導致心臟上腔室不規則搏動 (圖 1)。當血凝塊移動到大腦時，會阻止大腦的血液流動，稱為**缺血性中風**。有心房顫動的人患中風的風險(包括**缺血性中風**和**出血性中風**)**高達5倍以上**，並增加心力衰竭風險 (圖 2)。有些患者的症狀可能會出現疲勞，心跳加速，胸部不適，呼吸急促，而有些患者則沒有任何症狀。

根據處方服用藥物來幫助控制與心房顫動相關的中風風險。血液稀釋藥物可減低血塊形成和中風的風險。藥物包括有直接口服抗凝劑，Warfarin, 或Aspirin。

- 直接口服抗凝劑正在成為護理的標準，因為它既高效又少副作用。直接口服抗凝劑可降低腦出血風險並且不需要常規監測。與您的醫生討論直接口服抗凝劑，因為它有一些限制和不建議患有某些瓣膜病症的人士使用。
- Warfarin 是一種能使血液稀薄從而降低中風風險的常用藥物。藥物會受到含有維生素 K 的食物影響。建議每天維持維生素 K 的攝入量一致，以免 Warfarin 的劑量受到影響。Warfarin 需要定期的“PT-INR”血液檢查，來確定血液中稀釋或抗凝的程度。

消融術是通過去除異常心臟組織來治療心房顫動的其中一種方法，但並不是每個人都適合進行這個手術。跟你的醫生討論，看看消融術是否適合你。

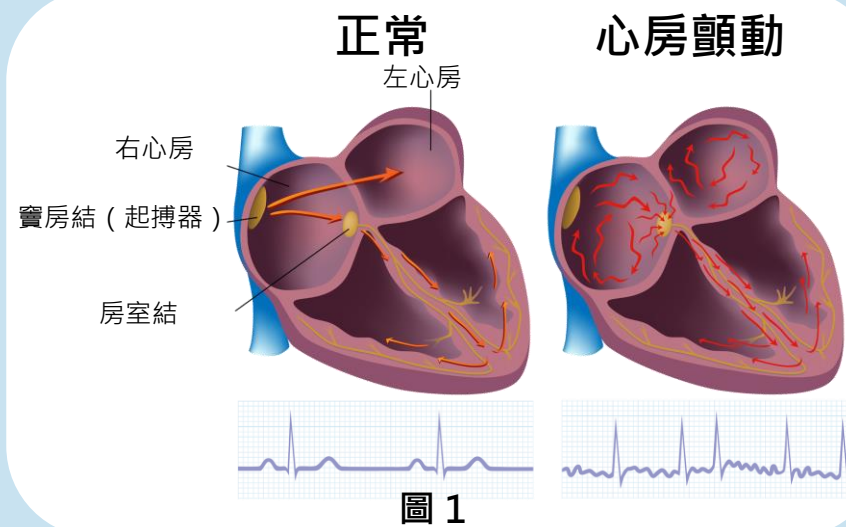


圖 1

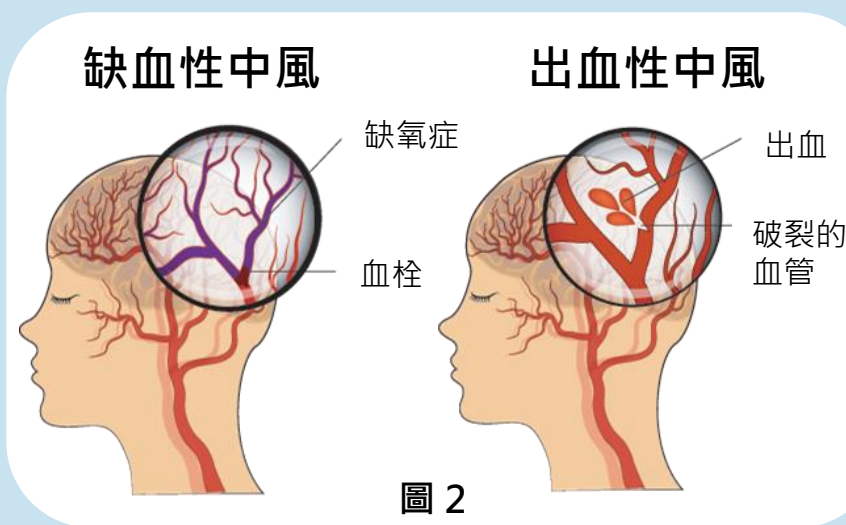


圖 2

與您的醫生討論心房顫動治療方案和中風風險!



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