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Atrial fibrillation treatment guideline

Atrial fibrillation is also known as AFib - a condition that happens when the heart beats irregularly. In most cases, you may feel a quick or uneven heartbeat. While not often a fatal issue, atrial fibrillation will lead to many serious complications such as heart disease or stroke if left untreated. To reduce your risk, you can identify this issue at home by studying the pulse and checking to see if it is irregular. In addition, pay attention to the following 10 signs and inform your doctor for an accurate diagnosis. Dizziness or dizziness can be a common symptom in people with atrial fibrillation. This is because your heart beats unusually, leading to unstable blood flows to your brain. These signs can be scary and dangerous, but some treatments are available to deal with them. Be sure to visit your doctor as soon as possible to alleviate the condition and reduce the risks of further complications. When you feel dizzy or light heads, sedge or lie down immediately may provide temporary relief. [1] Page 2 Atrial Fibrillation is the most common form of irregular heartbeat or heart arrhythmia. This condition interrupts the usual blood flow in your body and increases the risk of stroke or blood clots. In atrial fibrillation, both upper chambers of the heart can be severely affected. If left untreated, it will be life-threatening. This health issue will come and go with temporary consequences or can be permanent. But with the right medical care, you could still live an active, normal life. Read on to learn about 10 common treatment options for atrial fibrillation. 1Fresh Products To improve atrial fibrillation with your diet, make sure to add more fresh produce such as vegetables and fruits. These products contain many antioxidants that can protect your body from heart-related diseases. Go for brightly colored vegetables or fruits to enjoy the most benefits. They can include bell peppers, squash, leafy green vegetables, citrus fruits, plums, apples and berries. Frozen options can also be consumed when your favorite foods are out of season. Typically, make sure that 50% of the plate contains fresh produce. However, it is better to avoid those fruits with sugar or syrup. Atrial fibrillation is a heart rhythm disorder that causes a rapid and irregular heartbeat. The heart is a muscle that has four chambers through which blood flows. The top two cameras are atria. The two lower chambers are ventricular devices. Atrial fibrillation, sometimes called AFib or AF, is the most common type of heart arrhythmia. Arrhythmies occur when the heart beats too slowly, too fast or irregularly. In AFib, the two upper heart chambers beat irregularly. This causes the lower chambers of the heart not to be properly filled with blood. While some people with atrial fibrillation experience no or few symptoms, the event can cause heart palpitations, dizziness, shortness of breath, poor exercise tolerance and chest Knowing warning signs can help people seek medical attention immediately and avoid complications. Many factors can put a person at higher risk of atrial fibrillation. Aging is one of the biggest risk factors; nine percent of people aged 65 and over have the condition. High blood pressure and obesity also significantly increase the risk of developing AFib. Other risk factors include Previous heart failureErm heart diseasePreviousness of European lineageHypertyroidoiditosisChronic kidney diseaseUsed alcohol use or smokingElenary heart chambers on the left side of PeopleImages / Getty Images The human heart has four cameras: two upper chambers or atrium and two lower chambers or stomachs. A natural pacemaker called a sinus node regulates the heartbeat. When a person has an AFib, pulses that speak the upper chambers to the contract arise from parts of the heart other than the synoatrial node. This causes chaotic blows in the atry, which a person with AFib perceives as a heartbeat. These beats can be uncomfortable and can be described as a racing sensation, feeling out of sync or even flip-flopping in the chest. kupicoo / Getty Images Atrial fibrillation can cause the heart to pump blood ineffectively, leading to general weakness and fatigue. While high blood pressure is a risk factor for atrial fibrillation, irregular heart pumping can also lead to a dangerous sudden drop in blood pressure or contribute to persistent low blood pressure. This can make a person feel that their energy levels are low. Cecilie_Arcurs/Getty Images Ineffective heartbeats cause circulatory disorders. This means that parts of the body cannot receive adequate blood supply. Without a fresh supply of oxygen blood to the muscles, a person can experience fatigue and wear and ancesy workouts that are not usually complex. A heartbeat can also cause anxiety during exercise, scaring would-be runners and bikers to finish their workouts early. Svetikd / Getty Images Immersion and spikes in blood pressure due to atrial fibrillation can cause large bouts of dizziness or dizziness. These feelings can be unpleasant and can prevent a person from focusing on their work or performing other necessary tasks. Feeling dizzy can also prevent a person from driving and is associated with an increased risk of falls, which can lead to serious injury, especially in older adults. Cortnik / Getty Images Heart failure occurs when the heart does not pump enough blood to meet the needs of the whole body. Untreated, AFib sometimes leads to heart failure because increased heart rate and incomplete filling of heart chambers means the organ cannot fill enough blood to pump effectively through the body. The blood pools in the veins leading from the lungs to the heart, causing the fluid to return to the lungs and leading to wheezing, gassing and fatigue. KatarzynaBialasiewicz / Getty Images Chest pain is one of the most disturbing disturbing related to AFib. In some people, a rapid heart rate causes chest pain or angina because heart pumping problems cause less blood to flow to the heart muscle itself. Those with other heart problems in addition to AFib are more likely to experience this symptom. Keep in mind that chest pain is often a serious symptom that requires immediate medical attention. PeopleImages / Getty Images When the heart doesn't pump blood properly, fluid can pool and gather in legs, ankles and legs. This can lead to fluid retention and swelling, which can become painful. Fluid retention also causes weight gain and a swollen, plump appearance that can make a person feel self-conscious or unhealthy. gchutka/ Getty Images Atrial fibrillation on its own can be unpleasant or distressing, but it doesn't always cause serious medical problems. However, AFib, which remains untreated over time, can exacerbate or precede more serious problems including stroke, heart failure or inconsistent blood supply. This can lead even to other heart rate problems or chronic fatigue. People with atrial fibrillation also have a higher risk of stroke and heart failure. Moyo Studio / Getty Images There are many ways to help prevent AFib. Many are part of a healthy lifestyle, anyway, such as eating a healthy diet, exercising, reducing stress, not smoking, and maintaining appropriate weight. Limiting caffeine and alcohol can also help. Be careful with over-the-air drugs as some contain stimulants that can break away from irregular heartbeat. FatCamera/Getty Images Afib can cause heart palpitations, fatigue and chest pain, among other symptoms. Atrial fibrillation, or afib, is the cause of abnormal firing of electrical signals, causing the atrium (upper heart chambers) to shake rapidly (fibrilates) instead of a complete infection. These electrical signals also cause atrium and ventriles (lower heart chambers) quickly or out of sync, potentially causing symptoms. Afib SymptomsSome people with afib do not experience any noticeable symptoms and do not realize that their heart does not beat in a normal model. Afib symptoms may include: Some of these symptoms are caused by stomach pumping blood at irregular intervals in the lungs and rest of the body. Afib ComplicationsProcessing, aficion may lead to blood clots, stroke, and heart failure. Typically, the left and right atrium of the heart pump blood into the left and right ventilates, which then pump blood into the lungs, and to the rest of the body respectively. But afib can prevent atry completely infecting and pumping all of its blood into the ventley, bringing the blood pool into the atria. Combined blood can lead to a blood clot, or a blood clot. If the clot comes off, it can travel through the bloodstream (becoming what is known as an embolism) and block the artery in the brain, Stroke. It can also block other major arteries — for example, in leads to poor or no blood flow to the intestine. The affib increases a person's risk of stroke by four to six times, according to the National Institute of Neurological Disorders and Stroke.Also, people with cervical afib contract and relax too quickly to be completely filled with blood. As a result, vent venturies do not pump enough blood to meet the body's needs, and blood pressure plummets — ultimately causing heart failure. Symptoms of heart failure include fatigue and dyspaste. These symptoms develop because blood is reinforced in the pulmonary veins, causing fluid to accumulate in the lungs. Afib DiagnosisYo doctor diagnoses afib based on your medical and family history, physical examination and various tests. Your doctor will ask you a number of questions to better understand your current health status and risk to afib, including questions about yours:Signs and symptomsPersonal and family history of heart-related health problems and other health problems such as lung disease, diabetes, and thyroid problemsPersonal habits such as how often you smoke, drink alcohol or consume caffeineYo the doctor will then conduct a physical examination , including listening to the rhythm and speed of the heartbeat with a stethoscope and taking blood pressure. Your doctor will also listen to your lungs (for evidence of heart failure) and check for symptoms associated with thyroid problems such as fluid retention. Electrocardiogram (ECG or ECG) is the most useful and common test for afib diagnosis. This test captures the electrical activity of your heart, and can accurately determine the speed and rhythm of your heartbeat. But because the ECG records only your cardiac activity for a few seconds, it can't detect an afib that repeatedly starts and stops suddenly, called a parocysmal afib. If your doctor suspects you may have a parocysmal affib, you will need to wear a special heart monitor, such a Holter monitor (which records activity for 24-48 hours) or an event monitor (which records within weeks). for weeks).

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