

Stroke Prevention

PART FOUR

Heart Rhythm and Stroke Risk (Atrial Fibrillation)



A Patient's Guide

Irregular heart rhythm and stroke risk.

Atrial fibrillation (AF) is a common cause of stroke.

What to look for

- ▶ Irregular pulse
- ▶ Palpitations
- ▶ Breathlessness
- ▶ Feeling tired

(Some people have no symptoms)

Why it matters

AF can cause blood clots, which may lead to stroke.



Key Message

Taking your anticoagulant (blood thinner) as prescribed is essential.

TREATMENT FOR AF

Blood thinning medication (if prescribed)

Medication to control heart rate



RED FLAGS

Call 999 if:

You collapse or experience chest pain

Call 111 if:

You experience new or worsening palpitations

Contact GP if:

You have an irregular pulse

You have missed anticoagulant doses

You have medication concerns

