

Atrial Fibrillation Risk Questionnaire

What is Atrial Fibrillation?

Atrial fibrillation (also known as AFib or AF) is a disease in which the upper chambers of the heart beat in an uncoordinated and disorganized fashion, resulting in a rapid and irregular heartbeat. AFib is a complex disease that does not go away and can worsen over time. It can have serious consequences if not treated early and appropriately.

Check off the boxes that apply to you and bring it with you to your next doctor's appointment to discuss your AFib risk. **The more checkmarks you have, the higher your risk of AFib and the more important it is to talk to your healthcare provider.**

- Are you over age 65?**
AFib risk increases with age. Approximately 2.5 million Americans have AFib, 80 percent of whom are 65 and older.¹
- Does anyone in your family have AFib?**
An increased risk of AFib runs in some families.²
- Do you smoke or use tobacco products?**
If you smoke, you're at an increased risk for AFib.³
- Do you have high blood pressure?**
If you have high blood pressure, your AFib risk increases.³
- Do you have a history of coronary artery disease (CAD)?**
CAD, a hardening of the heart's arteries, can put you at risk for AFib.⁴
- Are you obese?**
Obesity, defined as 20 percent or more above your ideal body weight, is associated with a 50 percent increased risk for AFib.⁵
- Have you been diagnosed with heart failure?**
Heart failure patients are more likely to have AFib.⁷
- Do you have diabetes?**
According to a recent study, people treated for diabetes have a 40 percent increased risk for AFib.⁶
- Do you ever feel a fluttering, jumping or flip-flopping feeling in your chest (heart palpitations)?**
While not all AFib patients experience symptoms, many describe such feelings in their chests.⁷

¹ Go, A. Prevalence of Atrial Fibrillation in Adults: National Implications for Rhythm Management and Stroke Prevention: The Anticoagulation and Risk Factors in Atrial Fibrillation (ATRIA) Study. *JAMA*, 2001; 285(18): 2370-2375.

² Mayo Clinic. Atrial Fibrillation Risk Factors. Available at: <http://www.mayoclinic.com/health/atrial-fibrillation/DS00291/DSECTION=risk-factors>. Last accessed February 17, 2011

³ Benjamin EJ, Levy D, Vaziri SM, et al. Independent risk factors for atrial fibrillation in a population-based cohort. The Framingham Heart Study. *JAMA* 1994;271:840-4.

⁴ American Heart Association. Risk Factors for Atrial Fibrillation. Available at <http://americanheart.org/presenter.jhtml?identifier=3032937>. Last accessed February 17, 2011

⁵ Wang TJ, Parise H, Levy D, et al.: Obesity and the risk of new-onset atrial fibrillation. *JAMA* .2004;292: 2471-2477.

⁶ Dublin S, Glazer NL, Smith NL, et al. Diabetes mellitus, glycemic control, and risk of atrial fibrillation. *J Gen Intern Med* 2010; DOI: 10.1007/s11606-010-1340-y.

⁷ Fuster V, Rydén LE, Cannom DS, et al. ACC/AHA/ESC 2006 Guidelines for the Management of Patients with Atrial Fibrillation: a report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and the European Society of Cardiology Committee for Practice Guidelines (Writing Committee to Revise the 2001 Guidelines for the Management of Patients With Atrial Fibrillation): developed in collaboration with the European Heart Rhythm Association and the Heart Rhythm Society. *Circulation*. 2006;114:e257-e354.