

HOW TO

# RECOGNISE THE SYMPTOMS OF ATRIAL FIBRILLATION



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Atrial fibrillation (AF, Afib) is a heart condition that causes an irregular and often abnormally fast heart rate<sup>1</sup>. There are approximately 1.4 million people in the UK with AF<sup>1</sup>. It is important to pay attention to your health and contact your doctor if you experience any of the symptoms of AF, because you may be at risk of having a stroke<sup>1</sup>.

## YOU MAY HAVE AF IF YOU FEEL<sup>2,3</sup>

TIRED/EXHAUSTED

FAINT/DIZZY  
LIGHT-HEADED

SHORT OF BREATH  
BREATHLESS  
CHEST PAIN

Call 999 if you have sudden chest pain that:

- spreads to your arms, back, neck or jaw
- makes your chest feel tight or heavy
- also started with shortness of breath, sweating and feeling or being sick
- lasts more than 15 minutes

You could be having a heart attack. Call 999 immediately as you need immediate treatment in hospital

UNUSUAL HEARTBEATS:

- palpitations
- fluttering
- very fast
- weak
- erratic

WEAKNESS

The information provided on this leaflet is intended for general information and education and is not intended to be a substitute for advice provided by a doctor or other qualified healthcare professional

**YOUR HEALTH IS A PRIORITY**

**IF YOU FEEL ANY OF THESE SYMPTOMS, PLEASE SPEAK TO YOUR DOCTOR**

Refs: 1. NHS. Overview - atrial fibrillation. May 2021. Available at <https://www.nhs.uk/conditions/atrial-fibrillation/>. Last accessed August 2021. 2. Stroke Association. Atrial Fibrillation. Available at <https://www.stroke.org.uk/what-is-stroke/are-you-at-risk-of-stroke/atrial-fibrillation>. Last accessed August 2021. 3. NHS. Symptoms - atrial fibrillation. May 2021. Available at <https://www.nhs.uk/conditions/atrial-fibrillation/symptoms/>. Last accessed August 2021.