



I'm not robot



**Continue**

## Atrial fibrillation nice guidelines 2018

What is atrial fibrillating? Atrial fibrillation is the most common type of cardiac arrhythmia (irregular heartbeat) that can interrupt normal blood flow. This interruption means that the conditions put them at risk of blood clots and stroke. Between 2.7 and 6.1 million U.S. people have atrial fibrillator (AFib or AF). AFib affects the two upper chambers of your heart (Atria). This interferes with the blood flow to the ventricles or the lower chambers, and then in the rest of the body. If AFib remains untreated, it can be fatal. Atrial fibrillation can be temporary, come and go or be permanent. It is also most common in adults over 65 years of age. But with the right medical care, you can lead a normal, active life. You may not need treatment if you do not have symptoms, if you do not have other heart problems or if atrial fibrillation stops by itself. If you need treatment, your doctor may recommend the following types of medications: beta-blockers, To reduce your heart rateCalcium channel blockers to relax arterial muscles and reduce the overall heart rateSodium or potassium channel blockers to control cardiac arrhythmiasDigitalis glycosides to strengthen your heart contractions blood thinners to prevent blood clots forminon-vitamin K oral anticoagulants (NOACs) are the preferred blood thinners. These include rivaroxaban (Xarelto) and apixaban (Eliquis). In general, the purpose of taking medication for AFib is to normalize your heart rate and promote better heart function overall. These drugs can also prevent possible blood clots in the future, as well as associated complications such as heart attack and stroke. Depending on your condition, your doctor may recommend several AFib medications. While the exact cause of AFib is not always known, there are some factors that can put you at higher risk for this condition. Some of them can be prevented, while others are genetic. Talk to your doctor about the following risk factors: increased age (the older you are, the higher your risk)as white being malea family history of atrial fibrillationheart diseaseStructural heart defectscongenital defectsantricanitisHistory of heart attacksHistory of heart surgeryThyroid conditionsMetatophobiaMetabolic syndromeadipositasdiabetes alcohol consumption, especially binge drinking apneahigh-dose steroid therapyRegular medical treatment and checkups with your doctor can help you avoid complications. But if left untreated, atrial fibrillation can be serious and even fatal. Severe complications include heart failure and stroke. Medications and lifestyle habits can both help this happens in people with AFib.A stroke as a result prevent blood clots in the brain. This deprives your brain of oxygen, which can lead to permanent damage. Stroke can also be fatal. Heart failure occurs when your heart can no longer function properly. AFib can wear out the heart muscle as the ventricles in the lower chambers try to work harder to catch up lack of blood flow in the upper chambers. In people with AFib, heart failure develops over time – it is not a sudden occurrence like a heart attack or stroke could be. According to your treatment plan, you can increase your overall chances of complications due to AFib.Take all your medications as prescribed by your doctor. And learn more about possible AFib complications and their symptoms. There are several different tests that can be performed to get a better idea of what is going on with your heart function. Your doctor may use one or more of the following tests to diagnose atrial fibrillation: a physical examination to check your pulse, blood pressure and lung electrocardiogram (ECG), a test that records the electrical impulses of your heart for a few seconds If there is no atrial fibrillation during the ECG, your doctor can have you wear a portable ECG monitor or have another test tested. These tests include:Holter Monitor, a small portable device that you wear for 24 to 48 hours to monitor your heart.event monitor, a device that records your heart only at certain times, or if you have symptoms of AFibe Echocardiogram, a non-invasive test that uses sound waves to produce a moving image of your heart. That monitors your heart during exerciseBreast X-rays to see your heart and lung blood tests to check thyroid and metabolic conditionsFor chronic or severe AFib, surgery may be a recommended option. There are various types of operations that target the heart muscle in an effort to pump it blood-efficiently. Surgery can also help prevent heart damage. Types of surgeries that can be used to treat AFib include: Electric cardioversionIn this procedure, a short electrical shock resets the rhythm of your heart contractions. Catheter ablationIn catheter ablation, a catheter delivers radio waves to the heart to destroy the abnormal tissue that emits irregular impulses. Atrioventricular (AV) node ablationRadio waves destroy the AV node that connects the atria and ventricles in this procedure. Then the foreboding can no longer send signals to the ventricles. A pacemaker is used to maintain a regular rhythm. Maze SurgeryThis is an invasive operation that can be either open-hearted or through small cuts in the chest, during which the surgeon makes small cuts or burns in the atria of the heart to create a labyrinth of scars that prevent abnormal electrical impulses from reaching other areas of the heart. This operation is only used in cases where other treatments have been unsuccessful. Your doctor may also recommend other procedures to treat underlying conditions, such as thyroid or heart disease, that could cause your AFib. Surgery is a treatment method for AFib. Nevertheless, medications and lifestyle changes are recommended as the first lines of treatment. Your doctor may recommend surgery as a last resort if your Atrial fibrillation can be managed or treated. But atrial fibrillation tends to repeat itself and get worse over time. You can reduce your risk of atrial fibrillation by doing the following: Eat a diet that is rich in fresh fruit and vegetables and keep low saturated and trans-fat exercise regularly a healthy weight avoid smoking Avoid smoking You drink alcohol or drink only small amounts of alcohol occasionally follow your doctor's advice for treating the underlying health conditions you haveThe most common complications of AFib are strokes and heart failure. If you have AFib and don't take proper medication, you're five times more likely to have a stroke than people who don't have aFib. While there is no fixed diet for atrial fibrillator, dietary concerns for AFib focus instead on heart-healthy foods. A diet for AFib is likely to contain more plant-based foods, such as oats, fruits and vegetables. Fish is also a good source of protein, and its omega-3 fatty acid content makes it particularly good for the heart. There are foods and substances that can make AFib worse. These include: Alcohol (especially binge drinking)Caffeine — coffee, soda, tea and other sources can make your heart work even hardergrapefruit, which can interfere with AFib medicationgluten, which can increase inflammation if you have an allergy or sensitivity salt and saturated fatty acidsVitamin K-rich foods, such as dark green leafy greens, such as this with the blood-thinning drug Warfarin (Coumadin) may interfere with a diet. It focuses on nutritious foods while avoiding irritating substances and low-density foods. Talk to your doctor about an eating plan for your condition. Aside from dietary recommendations, your doctor may also suggest certain supplements if you are little in important nutrients vital for heart health. Talk to your doctor before taking any additional supplements because these may have side effects or interact with medications. Some of the supplements used for AFib include: Magnesiumfish Oilcoenzyme Q10wenxin kelitaurinehawthorn BerryOther natural treatments for AFib include healthy lifestyle habits, such as exercise and stress relief. Exercise is important for your heart health, but you will want to take it slowly, especially if you are new to exercise. High-intensity exercises, such as running, could be too much for people with AFib. But moderate to less intense activities such as hiking, swimming and cycling can still burn calories, strengthen your heart and relieve stress. Since stress can also affect your heart health, it is important to maintain a healthy state of mind. Deep breathing exercises can be everyday strains while a yoga course can help you achieve a deeper meditative state (with the added bonus of muscle and flexibility). Also making the time to enjoy a favorite hobby can help you achieve more relaxation and improved heart health. Natural treatments can help AFib if used in combination with conventional medical Research is needed to determine whether alternative treatments alone can help, so stick to your medical plan. Ask your doctor how you can effectively integrate natural treatments into your current AFib treatment plan. The official guidelines for AFib, according to the American Heart Association, outline the treatment options based on your existing condition and medical history. Your doctor will probably use this if he recommends a treatment plan. In general, a combination of lifestyle habits and medications can help you prevent heart failure and stroke. Your doctor will also classify your AFib to determine if it is acute (short-term) or chronic (long-term). Age, gender and general health will also determine individual risk factors. Overall, your treatment focuses on:control of heart rate and rhythm evaluation stroke risk assessment of the risk of bleeding