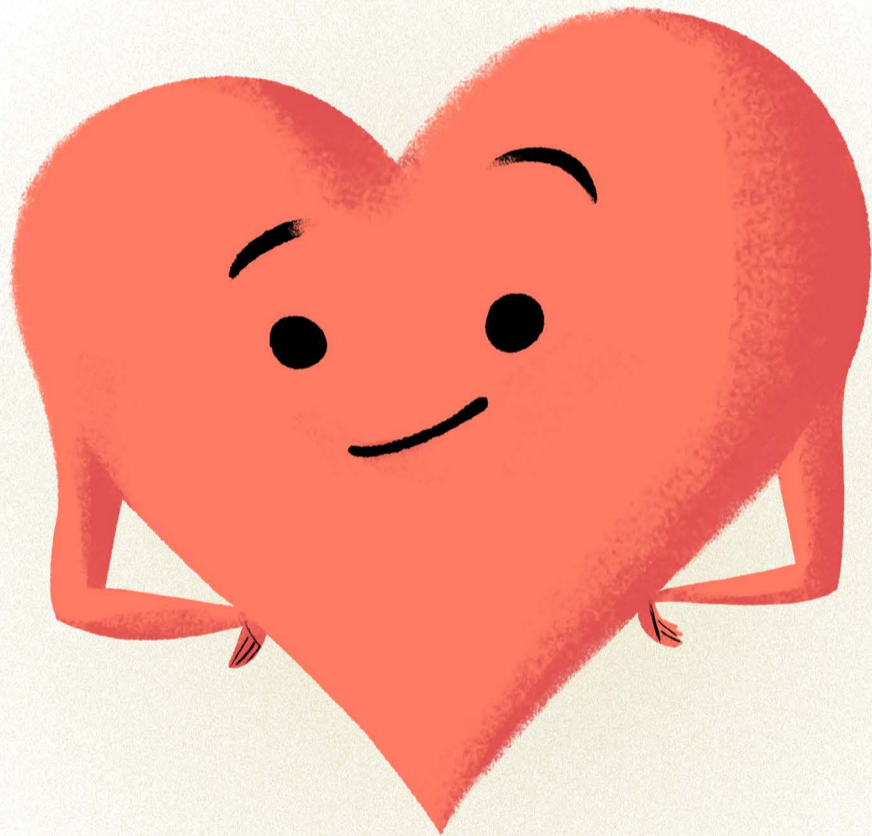
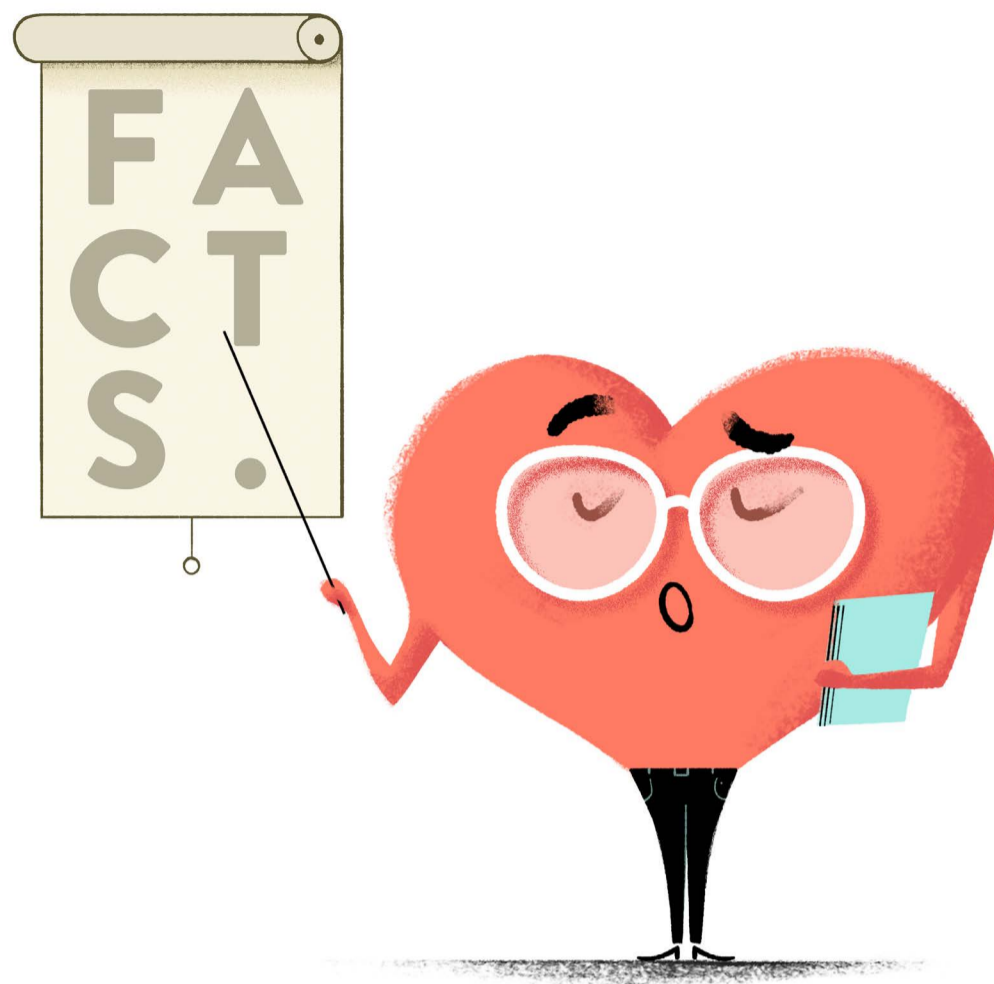


# A HEART-TO-HEART ABOUT AFIB & STROKE RISK

Discover the connection between atrial fibrillation (AFib) and stroke risk.





## AFib is the most common type of irregular heartbeat.

It is estimated that approximately 12.1 million people in the U.S. will have AFib by 2030.

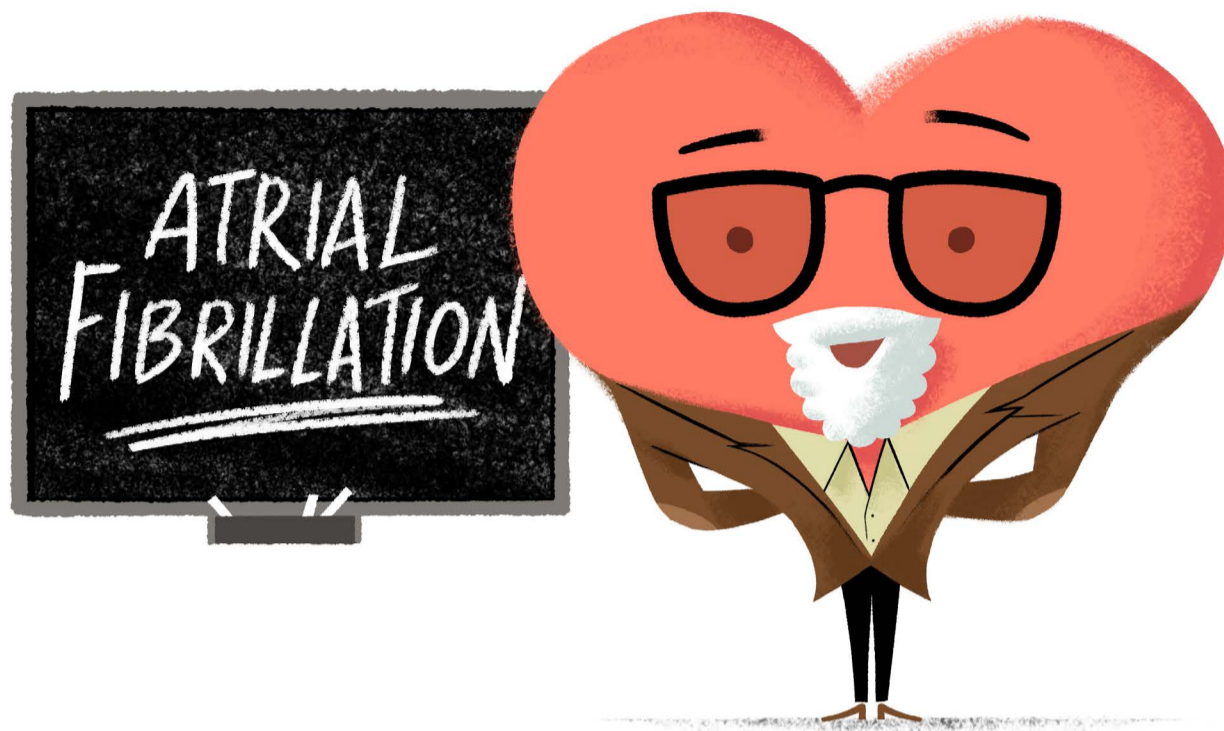
But the risk of stroke from AFib can be reduced. It starts with knowing the facts. So let's get started.



## With AFib, sometimes your heart's racing even when you're not.

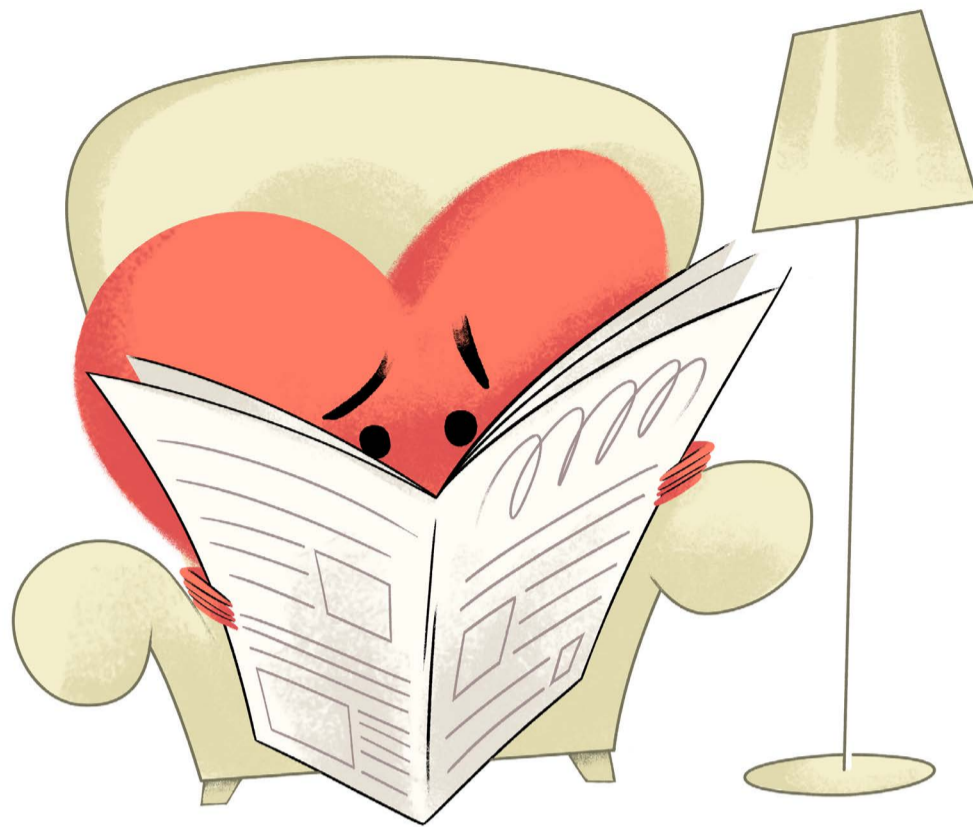
Your heart works hard. On average, it beats 60 to 100 times per minute at rest. But with AFib, **your heart's electrical signals become irregular, which makes it work even harder.** The heart may at times beat 100 to 175 times per minute.

AFib can also lead to serious complications, such as a stroke. Let's learn about the connection between AFib and stroke.



It's called atrial (a-tre-al) fibrillation (fi-bri-la-shun) for a reason.

The heart has 4 chambers. With AFib, the upper 2 chambers, called the atria, beat irregularly and do not pump all of the blood into the lower chambers, called the ventricles. **The atria quiver, or fibrillate,** instead of pumping with a steady beat.



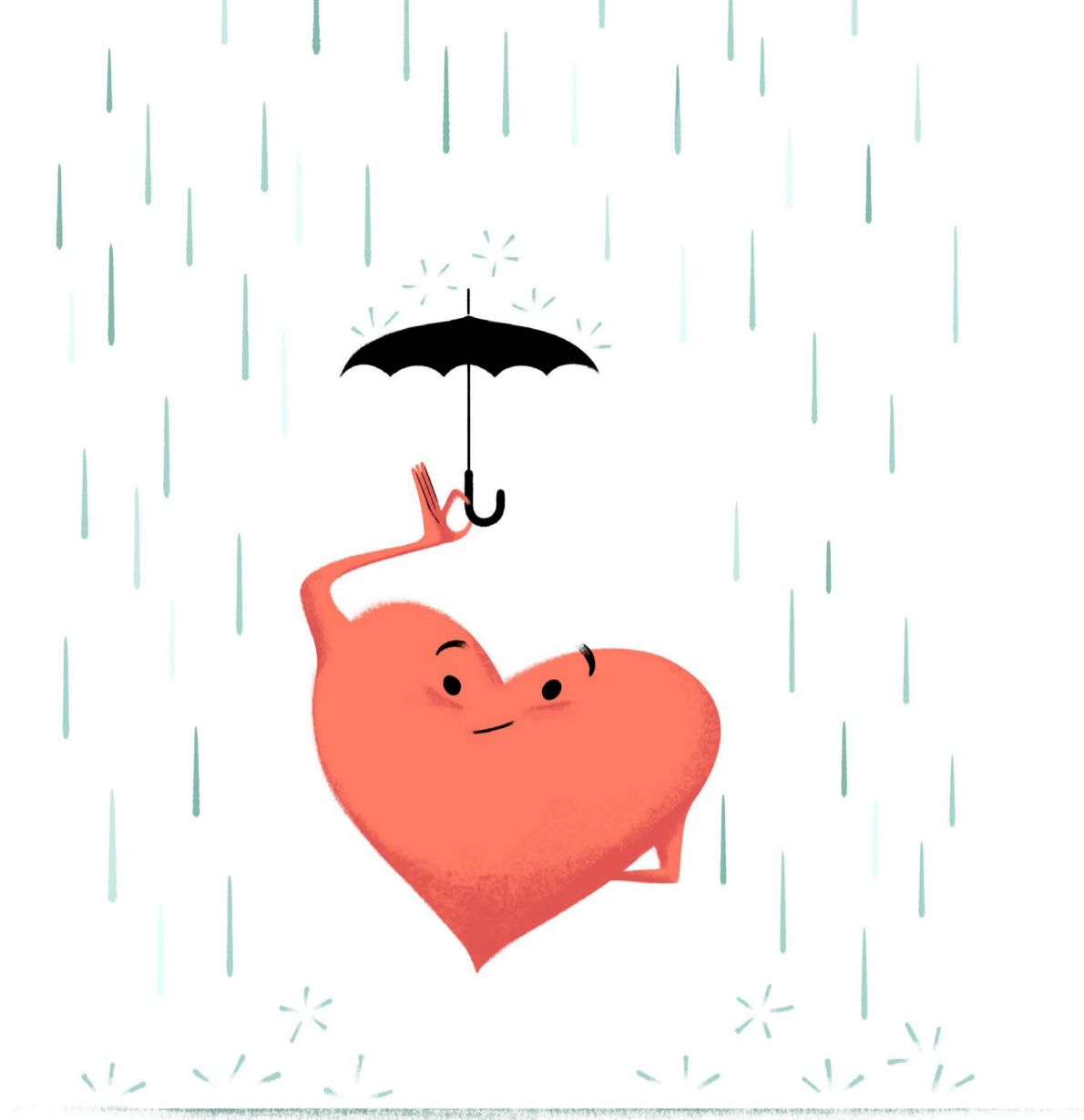
People with AFib are about 5 times more likely to have a stroke.

With AFib, some blood may remain in the atria, where it can pool, and a clot may form. These clots can travel to the brain, resulting in a **stroke**. It's important to know that not only is there a greater risk of stroke, but AFib-related strokes are likely to be more severe than other kinds of strokes.



## The risk of stroke due to AFib can be reduced.

Doctors have options that can help reduce the risk of stroke associated with AFib. These options include medicines like anticoagulants, a type of blood thinner, which help reduce the risk of blood clots forming. As a result, bleeding is the most common side effect when taking anticoagulants. It's important to note that there are additional risks associated with blood thinners that you should ask your doctor about.



## Blood thinners don't actually treat AFib or its symptoms, but they help reduce stroke risk.

Some people believe that **blood thinners** treat AFib or its symptoms. But that's not true. Instead, they help reduce the formation of blood clots in the heart, which helps lower the risk of stroke due to AFib.

If you are prescribed a blood thinner, always take it exactly as prescribed by your doctor. Talk to a healthcare professional before any medical or dental procedures.

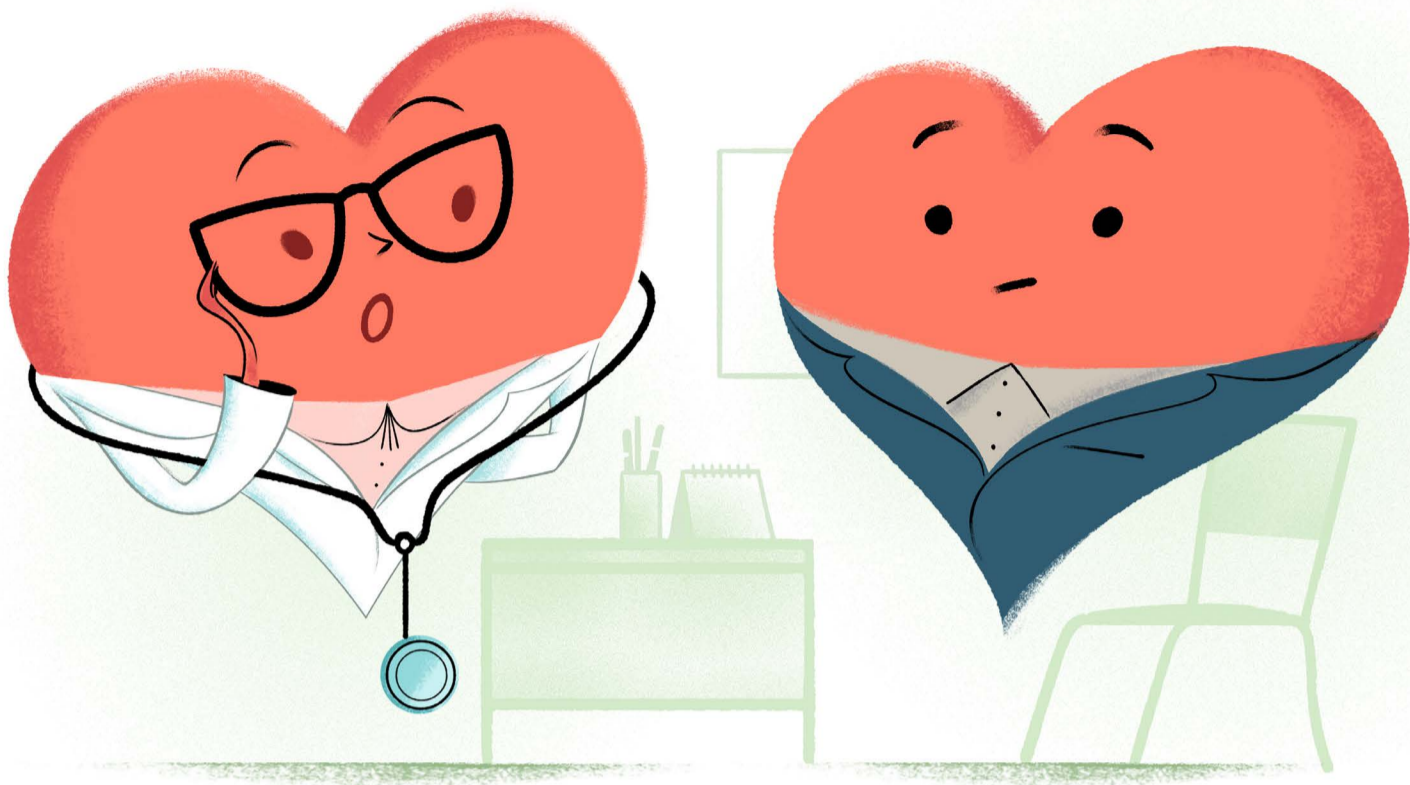


## Sometimes, it's easy to miss the symptoms.

Some of the common symptoms of AFib can include an irregular heartbeat, heart palpitations, chest pain, shortness of breath, fatigue, and light-headedness. However, some people may be unaware that they have AFib, whether or not they feel symptoms.

For those experiencing symptoms, it's important to talk to a healthcare professional who can determine if those symptoms are related to AFib or another medical condition and recommend the right course of management.



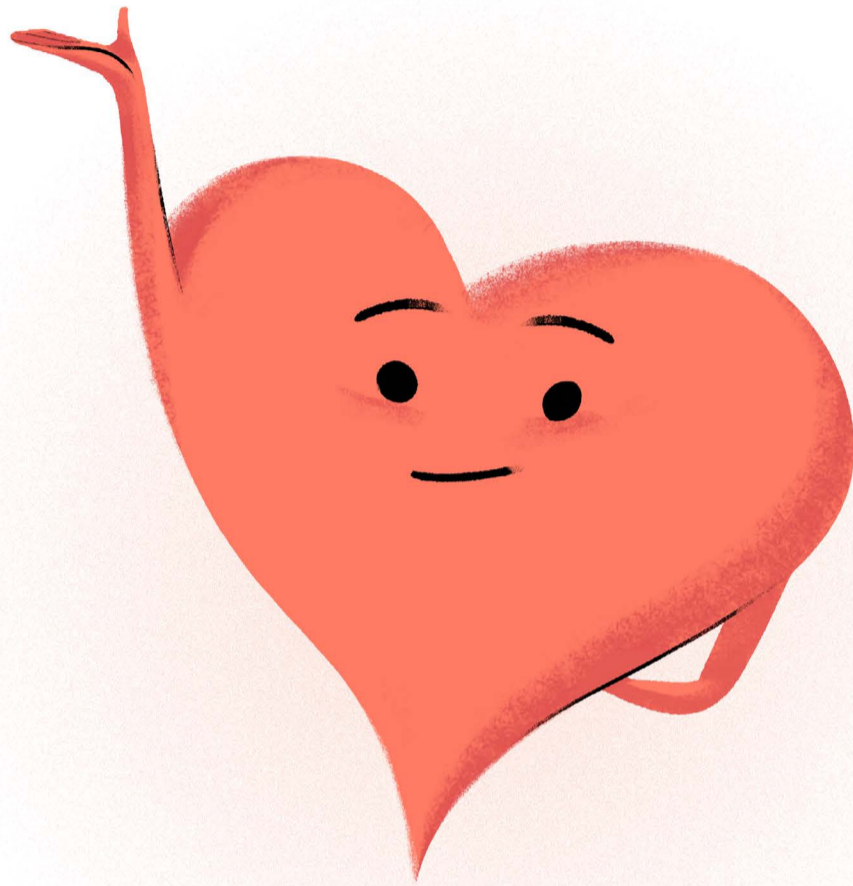


## Your doctor knows more about AFib. So go ahead, ask.

Whether you're newly diagnosed with AFib or have been diagnosed for years, it's always a good time to speak with your doctor. Why? There may be treatment options that you are not aware of.

So take the next step and talk to your doctor.

To be continued by talking to your doctor.



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