

# Sample Newsletter or Website Content:

## Atrial Fibrillation and Stroke Risk

### What You Need to Know About Atrial Fibrillation

Atrial fibrillation, also known as AFib, is a common heart rhythm disorder or “arrhythmia.” Arrhythmia is a problem with the rhythm and/or rate of a person’s heartbeat. This means a person’s heart can beat too fast, too slow, or with an irregular or uneven beat.<sup>1</sup>

With AFib, the heart’s upper chambers, called atria, do not pump all of their blood to the lower chambers, known as the ventricles. The blood that remains in the atria can pool and form a clot. If a piece of the clot breaks off and travels to the brain, it can cause a stroke.<sup>1</sup>

Although AFib can increase your risk of stroke, the good news is that this risk can be reduced with a prescription medicine known as a blood thinner. This type of medicine is used to prevent blood clots from forming.<sup>1</sup>

#### Working with your healthcare team<sup>1</sup>

- Tell your healthcare team if you start to have new AFib symptoms or if your symptoms get worse.
- Make and keep all appointments with your healthcare team.
- Tell your healthcare team all the medicines you are taking, including over-the-counter (nonprescription) medicines, vitamins, minerals, and herbal supplements. It is helpful to bring your medicines or a list of them to your visits.

- Talk to your healthcare team before you take any new prescription or over-the-counter (nonprescription) medicines, vitamins, minerals, or herbal supplements. They can tell you if the new medicines can be taken with your current medicines.
- Be sure to report any side effects from your medicines.
- If you have any questions about your medicines or your condition, talk to your doctor or other members of your healthcare team.

#### Get help immediately if you experience any warning signs of stroke<sup>2</sup>

Signs of a stroke come on suddenly, and may go away after a few minutes. Even if they do, it is important to get help immediately.

**Call 9-1-1** if you experience one or more of these stroke signs or symptoms:

- Numbness or weakness of the face, arm, or leg
- Confusion or trouble speaking or understanding others
- Trouble seeing in one or both eyes
- Dizziness, trouble walking, or loss of balance or coordination
- Severe headache with no known cause

**Visit [CarePathHealthyEngagements.com](https://www.carepathhealthyengagements.com) for more resources. For a comprehensive list of affordability programs, please visit [JanssenPrescriptionAssistance.com](https://www.janssenprescriptionassistance.com).**

#### References

1. National Heart, Lung, and Blood Institute. What is atrial fibrillation? <https://www.nhlbi.nih.gov/health/health-topics/topics/af>. Accessed December 4, 2017.
2. Centers for Disease Control and Prevention. Stroke signs and symptoms. [https://www.cdc.gov/stroke/signs\\_symptoms.htm](https://www.cdc.gov/stroke/signs_symptoms.htm). Accessed December 4, 2017.