

feel the beat

Atrial Fibrillation (AF) is a serious heart rhythm condition, affecting an estimated 460,000 Australians

A person with AF has a five times higher risk of stroke

Many living with AF do not suffer symptoms

You could be living with an underlying heart condition and not know it

See your GP for a heart check today

WHAT TO KNOW

> RISK FACTORS FOR HEART RHYTHM PROBLEMS:	> KNOW THE SYMPTOMS:	> ACTIONS YOU CAN TAKE:
<ul style="list-style-type: none"> ✓ Physical inactivity ✓ Being overweight ✓ Disrupted sleep ✓ Having diabetes ✓ Smoking ✓ High blood cholesterol ✓ High blood pressure ✓ Age over 65 years 	<ul style="list-style-type: none"> ✓ Dizziness ✓ Palpitations ✓ Shortness of breath ✓ Fainting ✓ Ankle swelling ✓ Chest pain 	<ul style="list-style-type: none"> ✓ Avoid energy drinks ✓ Limit coffee ✓ Limit alcoholic drinks ✓ Stop smoking ✓ Regular physical activity ✓ Aim for a healthy weight

Find out more about heart rhythm disease and hearts4heart:

 www.hearts4heart.org.au  Like us on Facebook: hearts4heart

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