



## Atrial Fibrillation Screening



### Screen

Answer a questionnaire in your App and take your ECG.



### Educate

Get your measurements assessed by a team of cardiologists.



### Act

Receive your results along with recommendations.

## Well done!

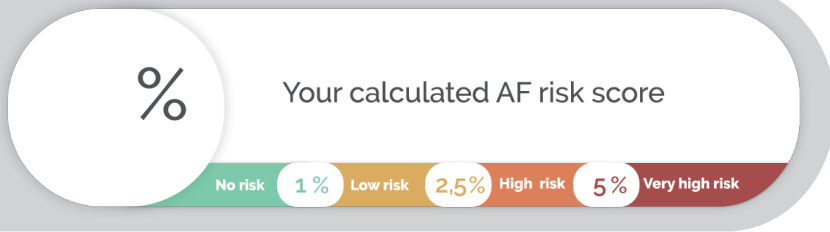
### You have been screened for Atrial Fibrillation

Within the coming weeks you will receive by email your screening results, a brief risk assessment report of your data compiled by a cardiologist along with personalized recommendations. If you have been detected with Atrial Fibrillation, you will be sent a letter to consult your general practitioner.

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



A person with AF has **X 5** risk of stroke

Many living with Atrial fibrillation do not suffer symptoms of any kind



This score predicts your risk of developing Atrial Fibrillation in the next 5 years. The higher your risk, the more important it is to act! The interpretation should be made by a healthcare professional. Your risk can be underestimated and other risk factors should be taken into account (BMI, lifestyle habits, medical history, etc.).

You can use practical information and recommendations from experts to change your lifestyle habits. If you cannot do it alone, seek support from a healthcare professional. If you are at low risk, it is useful to keep control on your risk factors to maintain your risk in this category.

Parameter	Measurement	Recommended value
<b>Weight</b> 	Body Mass Index (BMI)	18,5 — 25 kg/m <sup>2</sup>
	<b>Blood pressure</b>	
	Systolic Blood Pressure	<140 mmHg
	Diastolic Blood Pressure	<90 mmHg

## About your risks and how to reduce them

### Factors for heart rhythm problems

- ◆ Physical inactivity
- ◆ Being overweight
- ◆ Disrupted sleep
- ◆ Having diabetes
- ◆ Smoking
- ◆ High cholesterol
- ◆ High blood pressure
- ◆ Age over 65

### Symptoms you need to watch

- ◆ Dizziness
- ◆ Palpitations
- ◆ Shortness of breath
- ◆ Fainting
- ◆ Ankle swelling
- ◆ Chest pain

This information sheet contains general information only and does not take into account any conditions, symptoms or other factors that may be specific to you. It is not intended as a substitute or replacement for specific medical advice provided to you by a qualified healthcare professional. hearts4heart cannot provide diagnostic advice or recommendations on a course of therapy for atrial fibrillation or any other heart disease or condition. You must seek advice from your doctor or other qualified healthcare professional if you have any specific questions or concerns regarding atrial fibrillation or any other heart disease or condition or any symptoms that you might be experiencing.