

# 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

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

Find out more about heart rhythm disease and hearts4heart:

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Contact us hearts4heart : [info@hearts4heart.org.au](mailto:info@hearts4heart.org.au) | [www.hearts4heart.org.au](http://www.hearts4heart.org.au)