

September is Atrial Fibrillation Awareness Month: New healthcare infographic to educate and inform from A-Fib.com

Atrial Fibrillation is the most common cardiac arrhythmia (abnormal heart rhythm) seen by physicians. A-Fib has been called 'The New Epidemic in Cardiovascular Disease'.

United States -- Free-Press-Release.com -- Sep 11, 2016 -- An estimated 30% to 50% of those affected with Atrial Fibrillation are unaware they have it, often only learning about their A-Fib during a routine medical exam. Of untreated patients, 35% will suffer a stroke. Half of all A-Fib-related strokes are major and disabling.

To increase awareness and an understanding of Atrial Fibrillation, A-Fib.com offers a new Infographic to educate and inform the public about this healthcare issue. Also available are a promotional banner and poster.

Download infographic at <http://a-fib.com/sept-afib-month/>

Quote: "Atrial Fibrillation Awareness Month gives the media and healthcare educators the opportunity to help inform the public who may be walking around with A-Fib and the risk of stroke but don't know it," according to Steve S. Ryan, PhD, former A-Fib patient and publisher of Atrial Fibrillation: Resources for Patients, A-Fib.com.

A-Fib has been called 'The New Epidemic in Cardiovascular Disease'. Because it is common in people over age 60, this 'epidemic' will greatly affect the 'baby boomer' generation. It is one of the most under treated heart rhythm disorders in America and accounts for about one-third of hospital admissions. Treating A-Fib patients costs the U.S. more than \$26 billion annually.

ABOUT ATRIAL FIBRILLATION

It's estimated at least 5.1 million people in the U.S. have A-Fib with 6 million in Europe and 8 million in China. By the year 2050, the number will be 5–16 million in the United States and more than 1 million in Japan.

In Atrial Fibrillation, electrical signals from other parts of the heart disrupt the heart's normal rhythm and cause the top part of your heart (the atria) to contract and quiver rapidly and irregularly (fibrillate) faster than the rest of the heart. The atria can contract as many as 300– 600 times a minute (normal rate is 60– 100 bpm).

Some A-Fib patients develop an extremely rapid, irregular heart rate which can be life threatening. A-Fib can strain your heart, reduce your circulation to dangerous levels, and make you feel like you're going to faint from lack of oxygen.

One patient described their A-Fib: "it's like a motor idling too fast in my chest." You feel an uncomfortable flutter in your chest or like your heart is going to jump out of your ribs or that your heart is "flip-flopping around."

A-FIBFACTS.INFO

For more facts (and reference citations) about Atrial Fibrillation go to <http://www.A-FibFacts.info> or download the A-Fib Facts 5-page report at <http://a-fib.com/media-room/>

ABOUT A-FIB.COM

Steve Ryan, PhD, a former A-Fib patient (cured in 1998) is a healthcare educator and advocate for patients suffering with Atrial Fibrillation. In 2002, Dr. Ryan started his non-profit, patient education website, Atrial Fibrillation: Resources for Patients. A-Fib.com is a source of unbiased, independent, well-researched information on current and emerging treatments written in plain language for patients and their families.

In 2016, for the third year, A-Fib.com was named a 'Top Atrial Fibrillation Blog' by Healthline.com. Every month thousands visit A-Fib.com seeking hope and guidance. Healthcare professionals and groups around the world refer their patients to A-Fib.com. Dr. Ryan is also an award-winning author of *Beat Your A-Fib: The Essential Guide to Finding Your Cure*, available on Amazon.com and BeatYourA-Fib.com.

Dr. Ryan earned his Ph.D. in Educational Communications from the Ohio State University. For a more detailed background, see Steve S. Ryan, PhD on LinkedIn, <https://www.linkedin.com/in/stevesryan>.

ONLINE MEDIA KIT at <http://a-fib.com/media-room/> and <http://beatyoura-fib.com/Press.html>.

Atrial Fibrillation Association, <http://www.atrialfibrillation.org.uk/>, Atrial Fibrillation: Resources for Patients, www.A-Fib.com, American Heart Association, www.MyAFibExperience.org, StopAFib.org

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For more information, please visit:

<http://a-fib.com>

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