**Project:** Get Healthy Stay Healthy: Atrial Fibrillation Blog Post with Dr. Alison Kean

**Date:** 2/25/13

**Version:** v3

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| **Meta Description**: |
| **Meta Keywords**:  |

[GHSH.com Blog Post]

[Headline]

Could You Have Atrial Fibrillation?

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Find out if you’re at risk for this common heart condition and how to work with your doctor toward a diagnosis

[Byline]

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With all the improvements in lifesaving therapies, it’s no surprise that we’re living longer. As we get older, though, we have a higher likelihood of developing certain health problems. Recently on *The Doctors*, Dr. Freda Lewis-Hall spoke about one of those problems—atrial fibrillation. Also known as AFib, atrial fibrillation is an abnormal heart rhythm that affects nearly 3 million Americans. The older you get, the more likely you are to develop this heart condition—along with its resulting health problems, such as stroke.

Doctors don’t routinely screen patients for AFib. Sometimes, it’s detected during a trip to the emergency room or a regular doctor’s visit. But it’s also up to you to make sure you’re diagnosed. If you think you or someone in your family may have AFib, here’s what you can do:

* **Find out if you’re at risk.** Your risk of AFib may be higher if you have high blood pressure or a history of heart disease (such as heart failure, a prior heart attack, or abnormal heart valves), lung disease, or thyroid disease. The use of alcohol, caffeine, or prescription or over-the-counter drugs with stimulant effects may also increase your risk of AFib.
* **Know the symptoms.** AFib symptoms include palpitations (sensations of a racing or irregular heart beat), chest pain, shortness of breath, dizziness, or weakness and fatigue. These symptoms can occur sporadically or more regularly.
* **Track your symptoms.** Keep a record of your symptoms. Note when they occur, what causes them to come or go, how long they last, and how often they occur. Also keep track of other medical conditions you may have and their effect on your symptoms.
* **Talk with your doctor.** After discussing your symptoms and completing a physical examination, your doctor may order some tests. These tests may include blood work, an ECG (electrocardiogram, which is a tracing of the heart’s electrical rhythm), and possibly a chest X-ray.

[Related Links]

American Heart Association: AFib Resources and FAQs [Link to <http://www.heart.org/HEARTORG/Conditions/Arrhythmia/AboutArrhythmia/AFib-Resources-and-FAQ_UCM_423786_Article.jsp> ]

My Life Check: The Simple 7 [Link to <http://mylifecheck.heart.org/multitab.aspx?navid=10&culturecode=en-us> ]

[Twitter Language]

[Teaser Tweet (issued day before integration airing)]

Tomorrow on @TheDoctors, Dr. Freda Lewis-Hall will talk about a common heart condition that raises your risk of stroke.

(119 characters with spaces)

[Day of Airing Tweet]

Today on @TheDoctors, Dr. Freda Lewis-Hall talks about atrial fibrillation and the risk of stroke http://on.pfizer.com/XXXXXXXX

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[YouTube Language (XX characters with spaces)]

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Why Having Atrial Fibrillation Raises Your Risk of Stroke

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Atrial fibrillation (AFib) is a common abnormal heart rhythm that affects nearly 3 million Americans. If you have AFib, you’re five times more likely to suffer from a stroke. On *The Doctors*, Dr. Freda Lewis-Hall and Dr. Travis Stork explain what AFib is, how it can lead to stroke, and what you can do if you have it.