



STAGES OF AFIB

Atrial fibrillation, or AFib, is when the heart's two small upper chambers (atria) beat irregularly and too fast, quivering instead of contracting properly. AFib is a heart condition that can get worse over time. It has four stages. It's important to know which stage you're in so you can get the right treatment. You can also take steps to reduce your likelihood of getting AFib or of your AFib becoming worse.

| STAGE 1 | STAGE 2 | STAGE 2 STAGE 3 AFib PEOPLE MAY MOVE BETWEEN DIFFERENT SUBSTAGES OF AFIB (3A-3D). | | | | STAGE 4 |
|---|---|--|---|---|--|--|
| At risk for AFib | Pre-AFib | | | | | Permanent AFib |
| Risk factors linked with AFib are present. Some risk factors can be controlled, while others cannot. Risk factors you can control: Obesity Lack of physical fitness High blood pressure Sleep apnea Alcohol use Diabetes Smoking Risk factors you cannot control: Genetics Male sex Age | Signs that your heart has physical or electrical changes that put you at higher risk for AFib: • An upper heart chamber that becomes larger than it should be (atrial enlargement) • Frequent upper chamber heartbeats that come too soon (atrial ectopy) • Short bursts of a fast heart rate that start in the upper chambers of the heart (atrial tachycardia) • Upper heart chambers that beat too fast, but mostly still with a regular rhythm (atrial flutter) • Other health conditions that are linked with a higher risk for AFib* | Paroxysmal ("Pare-ox-iz-muhl") AFib (Stage 3A) AFib that comes and goes and ends within seven days of starting | Persistent AFib (Stage 3B) AFib that is continuous and sustains for more than seven days and requires intervention | Long-standing persistent AFib (Stage 3C) AFib that is continuous for more than 12 months | Successful AFib ablation (Stage 3D) Freedom from AFib after a medical procedure or surgical intervention to get rid of AFib | No further attempts at controlling the heart's rhythm after discussion between you and your health care professional |
| | | TREAT MC | DIFIABLE RISK FACTORS | | | |
| | Your health care professional may want to monitor you more closely | YOUR HEALTH CARE PROFESSIONAL WILL WANT TO MONITOR YOU BASED ON THE TIME YOU SPEND – HOW OFTEN OR LONG – IN AFIB (YOUR "AFIB BURDEN") YOUR HEALTH CARE PROFESSIONAL CONSIDERS HOW AFIB IS LINKED TO CHANGES IN HOW YOUR HEART IS WORKING WITH YOUR HEALTH CARE PROFESSIONAL, EVALUATE YOUR STROKE RISK AND TREATMENT OPTIONS, IF APPROPRIATE | | | | |
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| | | USING SHARED [| DECISION-MAKING, YOUR HE | ALTH CARE PROFESSIONAL WI | LL WORK WITH YOU TO TREA | T YOUR SYMPTOMS |

* Other health conditions that are linked with a higher risk for AFib:

Original figure created by the 2023 Atrial Fibrillation Guideline Writing Committee

- Heart failure: The heart isn't pumping as well as it should. As a result, your body isn't getting enough of the oxygen-rich blood it needs to work properly.
- Valve disease: Heart valves open and close to control blood flow through your heart. When one or more of these valves doesn't work right, you can develop any of several conditions.
- Coronary artery disease: The buildup of fatty deposits (plaque) in the heart's arteries that could lead to heart attack or ischemic stroke.
- Hypertrophic cardiomyopathy: A thickening of the lower main pumping chamber of the heart (the left ventricle).
- Neuromuscular disorders: These happen when your body has trouble with some of its nerves, muscles, or communicating between them.
- Thyroid disease: The thyroid is a gland that releases hormones that control how the entire body uses energy. It affects a number of organs. Thyroid disease can cause the thyroid to make too little or too much of the hormones, affecting how the heart can function.

