



#### WHAT IS AFIB?

Atrial fibrillation (also called AFib or AF) is an irregular pulse (arrhythmia) that can lead to stroke and heart failure. During atrial fibrillation, the heart's two upper chambers (the atria) beat chaotically and irregularly - out of coordination with the two lower chambers (the ventricles) of the heart.

Episodes of AFib can come and go, or you may develop Afib that doesn't go away and may require treatment. The risks of

AF on your long-term health are serious. It is important you work with your doctor to manage the condition.

This includes taking medicine as prescribed and making the necessary lifestyle changes, to reduce the likelihood of AF-related complications such as strokes.



### WHAT IS IRREGULAR **HEARTBEAT (ARRHYTHMIA)?**

Arrhythmia is a condition where the heartbeat rhythm in abnormal due to flaws in the bio-electrical system that drives the heartbeat. Typical symptoms are skipped heartbeats, premature contraction, an abnormally rapid (tachycardia) or slow (bradycardia) pulse.

### **HOW HEM-7361T DETECTS ARRHYTHMIA (IHB) AND AFIB?**

During any single blood pressure measurement mode, Irregular Heartbeat symbol is displayed when the HEM-7361T detects an irregular rhythm two or more times during measurement. An irregular heartbeat rhythm is defined as a rhythm that is 25% less or 25% more than the average rhythm detected while the monitor is measuring the systolic and diastolic blood pressure.

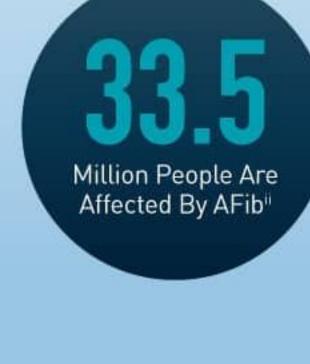
mode is activated by a long press of the Start button.

To screen for AFib, the three-time blood pressure measurement

HEM-7361T will automatically measure your blood pressure 3 consecutive times and display AFib symbol if 2 or more IHBs are detected. As demonstrated in a study with single-lead ECG as reference measurement, an AFib indicator function detects the possibility of AFib with an accuracy of 94.2% (with sensitivity of 95.5% and specificity of 93.8%). If the AFib or IHB symbol is displayed with your blood pressure measurement results, we recommend you to consult your doctors for early intervention.



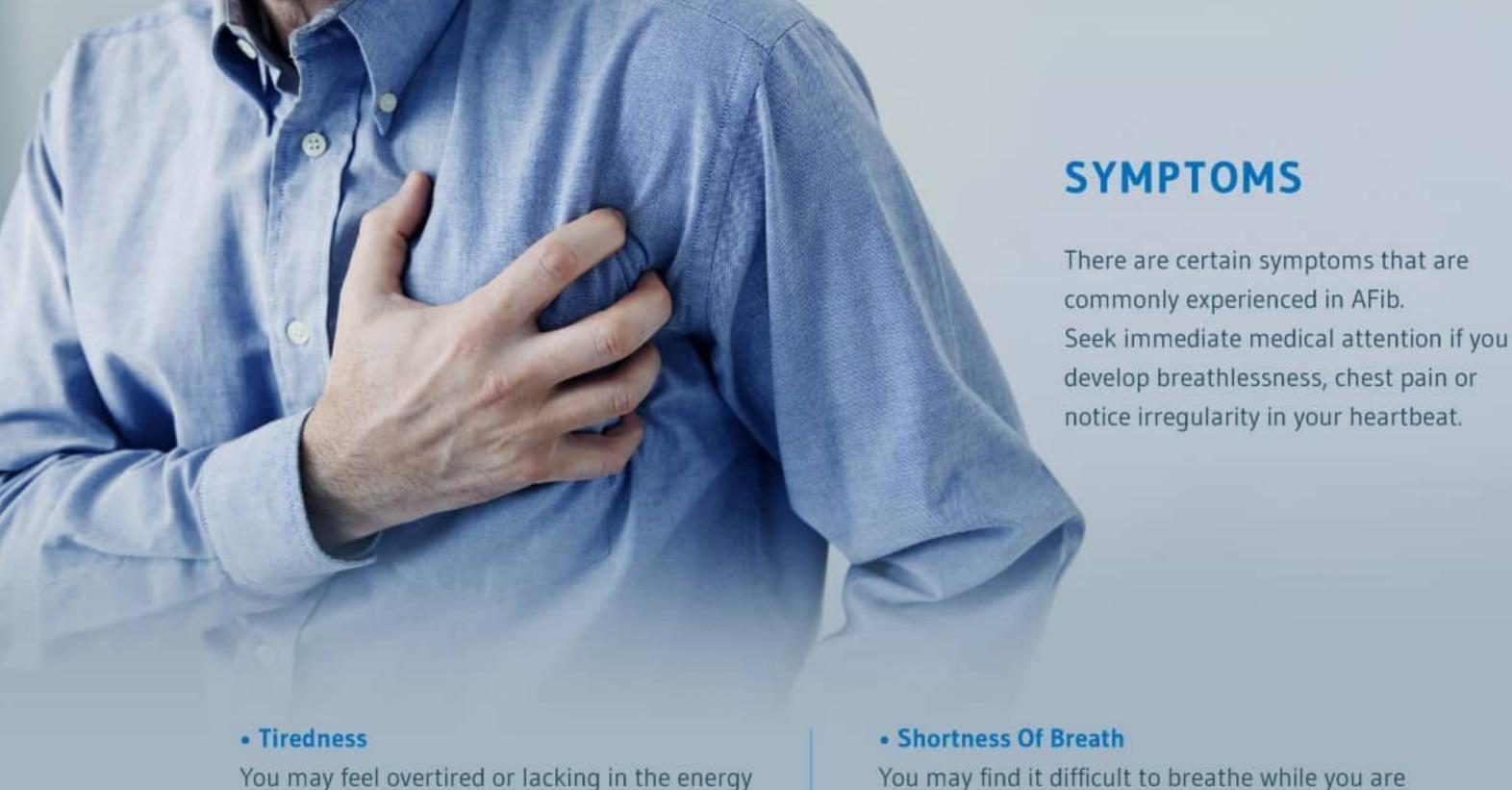
**AFIB BY THE NUMBERS** 











# develop breathlessness, chest pain or

notice irregularity in your heartbeat.

### This can happen suddenly, and you may feel light-headed or feel like the room is spinning.

Syncope (fainting)

This is when you are very unsteady and you

may begin to, or actually 'black out' and lose

to do the things you would normally do.

• Dizziness Or Light-Headedness

#### · Angina (chest pain) You may feel pain or pressure on your chest.

consciousness.

# just sitting down or resting.

 Palpitations (the feeling of heart 'pounding') Your heart beats may suddenly become more noticeable. In AFib you may feel your heart

doing normal activities, or even when you are

#### begin to race (tachycardia), beat in an irregular way, or it may feel like a sudden pounding,

fluttering, or racing in the chest.

# High Blood Pressure

RISK FACTORS

There are factors which increase the likelihood of developing AF. If you have, or are experiencing any of

these conditions, please ensure frequent checks for AFib to ensure early intervention if necessary. These are:

**Blood Supply** Heart Failure Additional Heart Diabetes Rhythm Problems



Stroke





Chronic Fatigue



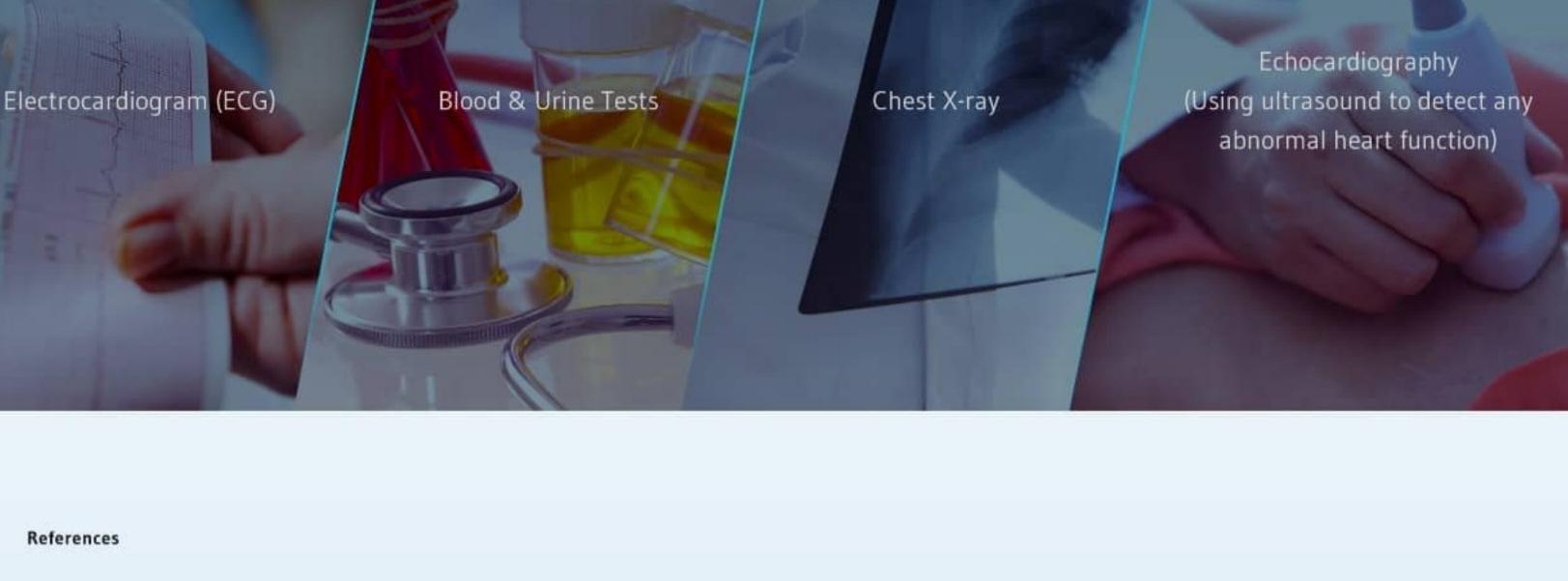
Inconsistent

#### doctor immediately if you experience any AFib-like symptoms. A thorough medical evaluation by a cardiologist is important before any intervention or treatment is taken. You may need to undergo these tests:

**HOW IS IT DIAGNOSED?** 

AFib can be discovered by using a device with an AFib Indicator function like the HEM-7361T or doing a pulse check

by yourself. However, the diagnosis of AF should be done through prescribed tests and examination, speak to your



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