



UNDERSTANDING IRREGULAR HEARTBEAT & AFIB



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 is 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.

To screen for AFib, the three-time blood pressure measurement mode is activated by a long press of the Start button.

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

33.5
Million People Are
Affected By AFibⁱ

AFib Increases
Risk Of Stroke By
5x^{ii, iv}

High Blood
Pressure Is Found In
60%
AFib Cases^v

Early Detection
Of AFib Reduces Risk
Of Stroke By
68%^{vi, vii, viii}

SYMPTOMS

There are certain symptoms that are commonly experienced in AFib. Seek immediate medical attention if you develop breathlessness, chest pain or notice irregularity in your heartbeat.

• Tiredness

You may feel overtired or lacking in the energy to do the things you would normally do.

• Dizziness Or Light-Headedness

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 consciousness.

• Angina (chest pain)

You may feel pain or pressure on your chest.

• Shortness Of Breath

You may find it difficult to breathe while you are doing normal activities, or even when you are 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 begin to race (tachycardia), beat in an irregular way, or it may feel like a sudden pounding, fluttering, or racing in the chest.

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:



Stroke



High Blood Pressure



Chronic Fatigue



Inconsistent
Blood Supply



Heart Failure



Diabetes



Additional Heart
Rhythm Problems

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 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:

Electrocardiogram (ECG)

Blood & Urine Tests

Chest X-ray

Echocardiography
(Using ultrasound to detect any
abnormal heart function)

References

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