

Know your Pulse in four steps

- 1 To assess your resting pulse rate in your wrist, sit down for 5 minutes beforehand. Remember that any stimulants taken before the reading will affect the rate (such as caffeine or nicotine). You will need a watch or clock with a second hand.
- 2 Take off your watch and hold your left or right hand out with your palm facing up and your elbow slightly bent.
- 3 With your other hand, place your index and middle fingers on your wrist, at the base of your thumb. Your fingers should sit between the bone on the edge of your wrist and the stringy tendon attached to your thumb (as shown in the image). You may need to move your fingers around a little to find the pulse. Keep firm pressure on your wrist with your fingers in order to feel your pulse.
- 4 Count for 30 seconds, and multiply by 2 to get your heart rate in beats per minute. If your heart rhythm is irregular, you should count for 1 minute and do not multiply.



Email:
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or visit:
www.knowyourpulse-us.org

@HeartRhythm_US

Arrhythmia Alliance - US

arrhythmiaalliance

Registered Non-Profit 501(c)3



Is the rhythm of your heart regular?

A simple pulse check only takes



Know your pulse to know your heart rhythm
– it could save your life
www.knowyourpulse-us.org

Battling Atrial Fibrillation

Atrial Fibrillation, also known as AF or AFib, is a quivering or irregular heart rhythm (arrhythmia) that can lead to AF-related stroke, heart failure, depression, and other complications.

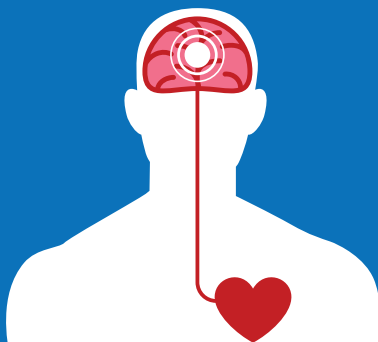


AF: Understand the risk

If you have AF, your heart beats in an irregular rhythm causing the blood to not flow regularly.

If blood does not move quickly and smoothly, dangerous blood clots may form.

Blood clots can cause heart failure or travel from the heart to the brain and may cause an AF-related stroke.



Most common symptoms



Shortness of breath



Tiredness



Dizziness



Palpitations

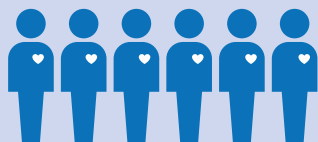
Some people experience no symptoms at all.

Know the facts of AF

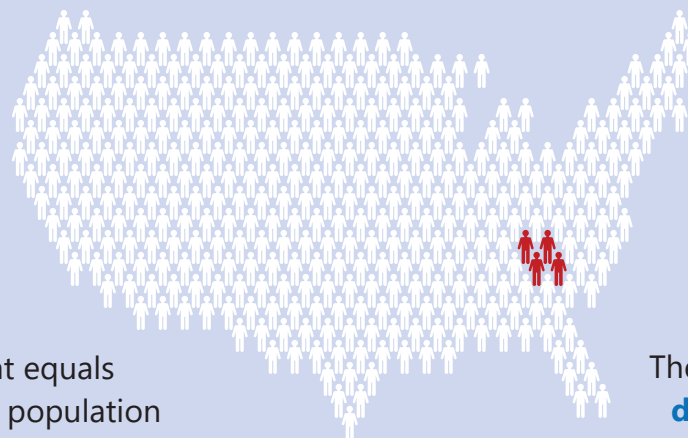


An estimated
6.1 million people

in the United States
are diagnosed with AF



That equals
the population
of **Atlanta** (6,106,000)



The lifetime **risk** of
developing AF is

1 in 4



Only 33%
of AF patients **think**
atrial fibrillation is a
serious condition

The condition costs the United States from
\$6 to \$26 billion
each year

AF
increases
your risk
of having an
AF-related stroke

5x

Top AF related conditions

- AF-related stroke
- Heart failure
- Diabetes
- Hypertension

Due to higher life expectancy,
more men than women
experience AF in the US



An estimated
158,000 deaths
per year
can be attributed to AF