

A simple pulse check only takes

If you detect an irregular heart rhythm **speak to your Doctor.**

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:
info@hearhythmalliance.org

or visit:
www.hearhythmalliance.org

 @KnowYourPulse

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Registered Charity number - 1107496



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.hearhythmalliance.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.

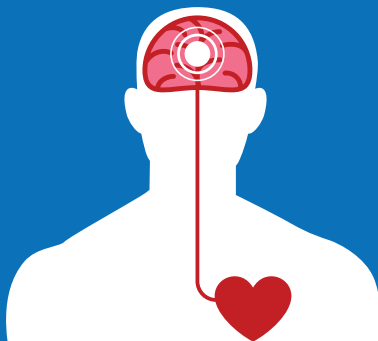


AF: Understand the risk

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.

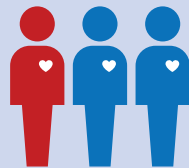
Know the facts of AF



An estimated

1.5 million people

in the UK are diagnosed with AF



Approximately the same population as **Liverpool** (estimated 1.4million)



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

AF increases your risk of having an AF-related stroke

5x



Top AF related conditions

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



The lifetime **risk** of developing AF is

1 in 3



The Condition costs the UK about

£2.2 billion

each year

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



As many as

300,000 people

are living with undiagnosed AF in the UK