

# Know Your **Pulse** in four steps

[www.knowyourpulse.org](http://www.knowyourpulse.org)

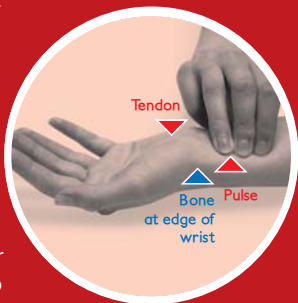
- 1** To assess your resting pulse rate in your wrist, sit down for 5 minutes beforehand. Remember that any stimulants taken before the reading will affect the rate (such as caffeine or nicotine). You will need a watch or clock with a second hand.



- 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.



**Record your pulse**

Day	Result		Activity (e.g after a run)
	am	pm	
1			
2			
3			
4			
5			
6			
7			

# WHAT IS AF?

AF or 'atrial fibrillation' is the most common arrhythmia (heart rhythm disorder), and a leading cause of AF-related stroke.

It occurs when chaotic electrical activity results in the heart rhythm being irregular, too fast or too slow.



If left untreated or poorly managed, AF can lead to serious complications such as heart failure and stroke.



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**The easiest way to detect AF is to Know Your Pulse!**