Atrial Fibrillation (AF) is a serious heart rhythm condition, affecting an estimated 460,000 Australians. A person with AF has a five times higher risk of stroke. Many living with AF do not suffer symptoms. You could be living with an underlying heart condition and not know it.

See your GP for a heart check today.

### WHAT TO KNOW

#### RISK FACTORS FOR HEART RHYTHM PROBLEMS:
- Physical inactivity
- Being overweight
- Disrupted sleep
- Having diabetes
- Smoking
- High blood cholesterol
- High blood pressure
- Age over 65 years

#### KNOW THE SYMPTOMS:
- Dizziness
- Palpitations
- Shortness of breath
- Fainting
- Ankle swelling
- Chest pain

#### ACTIONS YOU CAN TAKE:
- Avoid energy drinks
- Limit coffee
- Limit alcoholic drinks
- Stop smoking
- Regular physical activity
- Aim for a healthy weight

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