

Lifestyle Modifications: 5 health tips to reduce AFib and prevent stroke



UpBeat
By Heart Rhythm Society

In addition to taking blood thinners, there are some everyday things you can do to lower your chance of having AFib episodes or a stroke caused by AFib.

Here are five health tips that work.

KEEP YOURSELF AT A HEALTHY WEIGHT AND KEEP MOVING!

It's important to keep a healthy diet and to exercise. At least 30 minutes a day of exercise, like a brisk walk, can make a big difference to your heart. **Talk to your doctor about your diet and how you can set goals to get to the right weight and to keep active.**

AVOID SMOKING AND DRINKING ALCOHOL

Medium and heavy drinking can worsen your AFib symptoms. There are lots of reasons to stop smoking, and lowering your chance of stroke is one of them. **Talk to your doctor to help you make plans to stop smoking and to drink less alcohol.**

MANAGE YOUR DIABETES

You may be living with diabetes, and you may be taking your medications or watching your blood sugar levels. Keep it up! Controlling your blood sugar may be important for your AFib. **Talk to your doctor if you have any trouble getting or taking your diabetes medications.**



CONTROL YOUR BLOOD PRESSURE AND CHOLESTEROL

You may have been diagnosed with high blood pressure and/or high cholesterol, and you may be taking medications for those problems. Keep taking them! **Talk to your doctor if you have any trouble getting or taking your blood pressure or cholesterol medications.**

ASK ABOUT YOUR BREATHING DURING SLEEP

There are problems or illnesses that change how you breathe during your sleep. These illnesses can worsen your AFib symptoms. **Even if you think you don't have any breathing problems during sleep, ask your doctor about getting tested for problems like stopping breathing during sleep (sleep apnea).**