

# Navigating Your Atrial Fibrillation Diagnosis: Your Care Team



**UpBeat**  
By Heart Rhythm Society

## WHO IS ON MY CARE TEAM?

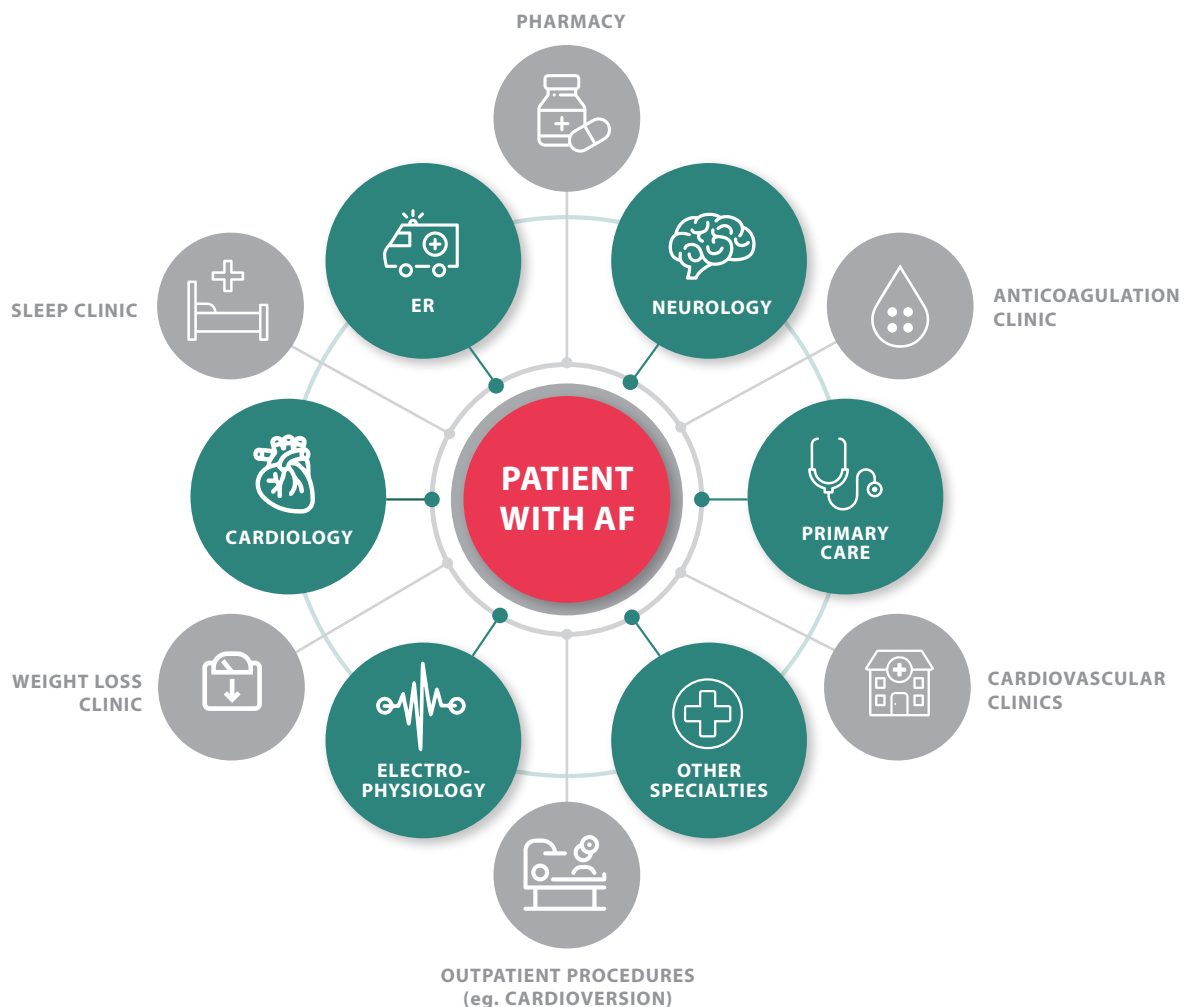
Navigating a new atrial fibrillation (AFib) diagnosis can feel confusing and scary. **You are not alone.** Your care team is there to help and support you through all parts of your experience with managing AFib. Your care team includes every type of doctor, nurse, or healthcare professional who touches your care.

### DURING YOUR AFIB EXPERIENCE, YOU MAY HAVE APPOINTMENTS AT DIFFERENT TYPES OF HEALTHCARE FACILITIES:

- Inpatient or outpatient clinics, and sometimes the emergency room
- Cardiovascular or anticoagulation clinics
- Sleep or weight loss clinics
- Other health care specialists as needed

### YOUR CARE TEAM MAY INCLUDE:

- Your primary care provider (PCP), your general cardiologist, your surgeon, your heart rhythm doctor (electrophysiologist, or EP), your nurses, and other specialists
- Pharmacists, dieticians, or rehabilitation and physical therapists and other health care providers as needed




This may feel overwhelming, but each member of your care team plays an important role in coordinating the best care for you. **Ask your primary care physician which member of the care team will manage your AFib care for the long-term.**

### WHAT IS A HEART RHYTHM DOCTOR?

Depending on your needs, your PCP or general cardiologist may refer you to another type of cardiologist who has specialized training in heart rhythm disorders and the electrical system of the heart that sends it signals to beat. These heart rhythm doctors are called electrophysiologists, or EPs for short.

Electrophysiologists are important members of your care team. They have expert knowledge in managing AFib and performing procedures. They will work with your general cardiologist or primary care physician to provide the best AFib treatment options for you.

Preparing for a doctor's visit can be overwhelming, and you may not know what to ask. Visit [UpBeat.Org](http://UpBeat.Org) to use the **Atrial Fibrillation Question Builder tool**, which allows you to select or create questions for your AFib care team. The question list can be printed to take with you, or saved as a PDF to reference on your device.