



YOUR GUIDE TO CARE WITH RHYTHM CONTROL:

Why is Rhythm Control important?

UpBeat
By Heart Rhythm Society

WHY IS RHYTHM CONTROL IMPORTANT?

It is important to consider rhythm control because it can reduce the burden of your atrial fibrillation (AFib) in a number of ways.

REDUCING YOUR SYMPTOMS AND IMPROVING YOUR QUALITY OF LIFE

Studies have shown that people with symptomatic AFib have a lower quality of life, due to the burden of their symptoms. People living with AFib are commonly referred for rhythm control to improve or decrease the symptoms. **Treatment with rhythm control may decrease AFib symptoms and improve quality of life.**



Approximately 2/3 of patients with AFib have symptoms



Almost 20% of patients with AFib have severe or disabling symptoms

REDUCING THE NUMBER OF URGENT CARE OR EMERGENCY ROOM VISITS AND HOSPITALIZATIONS

AFib episodes and symptoms can develop quickly and without warning. People living with AFib commonly have unplanned and urgent outpatient or emergency room visits or hospitalizations. **Treatment with rhythm control for people with symptomatic AFib may reduce unplanned urgent visits and hospitalizations.**

REDUCING THE CHANCES OF YOUR DISEASE BECOMING MORE SEVERE

AFib can become more frequent or persistent over time, which is called AFib disease progression.

- When first diagnosed, most people have rare and short-lived episodes of AFib. This is called **paroxysmal AFib**, where the episodes last for **less than 7 days**.
- Over time, episodes and their symptoms can happen more often and last longer. This is called **persistent AFib**, where episodes last for **more than 7 days**.
- In some cases, a person remains in **AFib all the time**. This is called **chronic or permanent AFib**.

Treatment with rhythm control may slow AFib disease progression, decrease AFib burden, and decrease the symptoms related to longer AFib episodes.

REDUCING THE CHANCE OF HEART-RELATED STROKE OR DEATH

AFib has been associated with an increased risk of heart-related stroke and death. **Treatment with rhythm control may decrease the risk for these events, potentially improving the overall health and survival of patients living with AFib.**

Individual stroke risk depends on a variety of factors, including age, medical conditions, and others. Your provider may measure your individual risk of stroke using the CHA₂DS₂-VASc risk criteria chart below. Points are assigned for each major stroke risk factor. By adding the points, your provider can determine your stroke risk. Higher total points (up to the maximum score of nine) mean a higher risk of stroke. The stroke risk calculator does not apply to patients with mitral stenosis, mechanical heart valves or patients with hypertrophic cardiomyopathy.

CHA ₂ DS ₂ -VASc Risk Criteria	Points
Congestive Heart Failure	1
Hypertension (High Blood Pressure)	1
Age > 75 Years	2
Diabetes Mellitus	1
Prior Stroke or Mini Stroke ("Transient Ischemic Attack")	2
Peripheral Vascular Disease or Coronary Artery Disease	1
Age 65-74 Years	1
Sex Category (i.e., Female Sex)	1