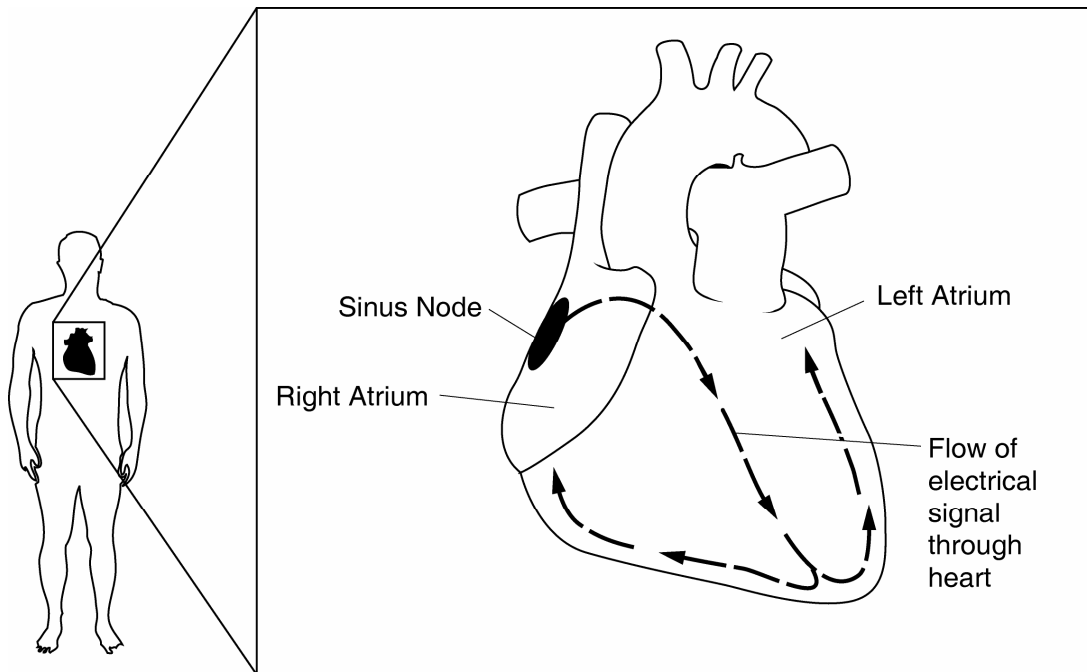


Atrial Fibrillation

Atrial fibrillation is also called A-fib or atrial fib. This is an abnormal heart rhythm.

The heart's rhythm is controlled by electrical signals in the heart. The **sinus node** sends electrical signals to the rest of the heart. These signals cause the heart to contract and pump blood. Normally, the heart contracts and relaxes at a regular rate. With atrial fib, the sinus node does not start the electrical signal. Signals come from other spots in the right or left atrium. This causes the heart to beat irregularly and at times very fast.



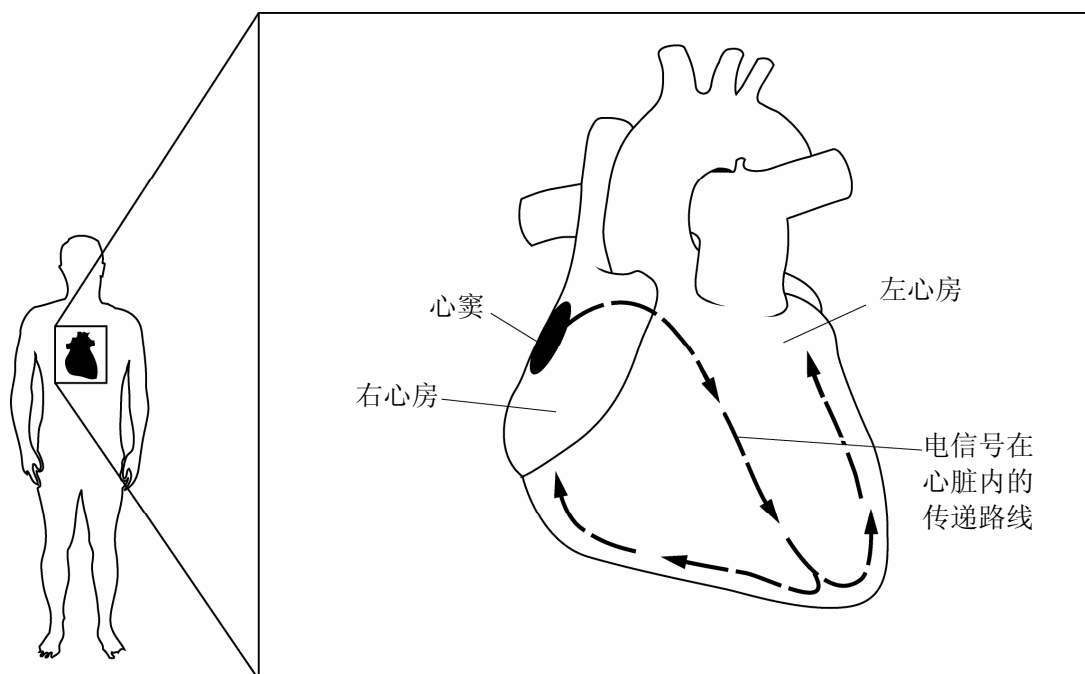
Signs of Atrial Fib

- Irregular heart beat
- The feeling of rapid thumping inside the chest called heart palpitations

心房纤维颤动

心房纤维颤动（Atrial fibrillation），英文亦简称 A-fib 或 atrial fib。
心房纤维颤动是心律失常的表现。

心脏内的电信号控制心律。**心窦**向心脏其它部位发出电信号，促使收缩，泵送血液。正常情况下，心脏收缩和舒张有固定的节律。发生心房纤维颤动后，电信号不再是由心窦发出，而是来自左心房或右心房的其它部位。这导致心脏跳动不正常，有时候非常快。



心房纤维颤动的迹象

- 心跳不规律
- 心悸，即自觉心跳加速

- Shortness of breath
- Tire easily with activity
- Feel faint, dizzy or lightheaded

Your Care

Your doctor will check your pulse and listen with a stethoscope for an irregular heart beat. Your doctor may order tests such as:

- An electrocardiogram (ECG or EKG)—a record of your heart's electrical activity
- Holter monitoring—a record of your heart rate for 24-48 hours
- Other tests to check for heart disease

Your treatment may include:

- Medicine to help regulate your heart rhythm and rate. You may also need to take a blood thinner called an anticoagulant to reduce the risk of blood clots and stroke.
- A cardioversion if medicine does not help. This is a low energy electrical shock applied through the skin to the heart to convert an abnormal heart rhythm to a normal rhythm. Sedation medicine is given before this is done.

People with atrial fib are at a higher risk for stroke or serious heart problems if atrial fib is not controlled. It is very important to be under a doctor's care.

Talk to your doctor or nurse if you have any questions or concerns.

- 气短
- 稍作活动即感疲劳
- 感到晕眩、头晕或头重脚轻

治疗

医生会检查脉搏，用听诊器检查心跳是否不规律。医生可能要求作下面的检查：

- 心电图（ECG 或 EKG）—记录心脏的电活动情况
- Holter 监测（动态心电检查）—记录 24 至 48 小时的心率
- 心脏疾病的其它检查。

治疗方法：

- 用药物调节心律和心率。此外，可能还需要使用称为抗凝血药的血液稀薄剂，以降低血液结块和中风的风险。
- 如药物不起作用，则作心脏电击术，即透过皮肤对心脏进行低能量电击，使不正常的心脏节律转为正常节律。作心脏电击术之前，须使用镇静药物。

有心房纤维颤动者，如不加以控制，患中风或严重心脏疾病的风险较高。有心房纤维颤动者务必要就医。

如有任何疑问或担心，请向医生或护士提出。

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