# Atrial Fibrillation in the UK

**AF: Understand the risk**
- If you have AF, your heart beats irregularly and may not pump all of the blood through properly.
- If blood does not move quickly and smoothly, dangerous blood clots may form.
- Blood clots that travel from the heart to the brain can cause a stroke.

**Know the facts of AF in the UK**

**1.3 MILLION People are diagnosed with AF in the UK**
This number is increasing.

The lifetime risk of getting AF is **1 in 4**.

Prevalence in % by gender and age:

- **Male**: 0.5%
- **Female**: 1%

This exceeds the number of people living in Birmingham.

**Top 3 AF-related conditions**
1. Hypertension
2. Angina Pectoris
3. Diabetes

AF increases your risk of having a stroke **5x**

Men are more often affected by AF than women.

The risk doubles with every decade after the age of **55**.

**Check your pulse**

1. Hold out one of your hands, with your palm facing upwards and your elbow slightly bent.
2. Place your index and middle finger of your hand on the inside of your wrist.
3. Press lightly. If you can’t feel your pulse, press a little harder and move your fingers.

**In case of irregular or very fast heart beat**
**See your doctor!**

**Most common symptoms**
- Shortness of Breath
- Tiredness
- Dizziness

**Normal heart rate**
- a) regular and
- b) between 60-100 beats a minute when resting

**AF heart rate**
- a) irregular and
- b) sometimes abnormally fast

For more information visit:

- [anticoagulationuk.org](http://anticoagulationuk.org)
- [stroke.org.uk](http://stroke.org.uk)
- [afa.org.uk](http://afa.org.uk)
- [nhs.uk](http://nhs.uk)
- [thrombosisuk.org](http://thrombosisuk.org)

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[MyTherapy](http://mytherapy.app) - Reminders for your medications

[Anticoagulation UK](http://anticoagulationuk.org) - Early detection of atrial fibrillation

Sources: NHS, Anticoagulation UK, British Heart Foundation, Stroke, Association, Atrial Fibrillation Association, British Medical Journal

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