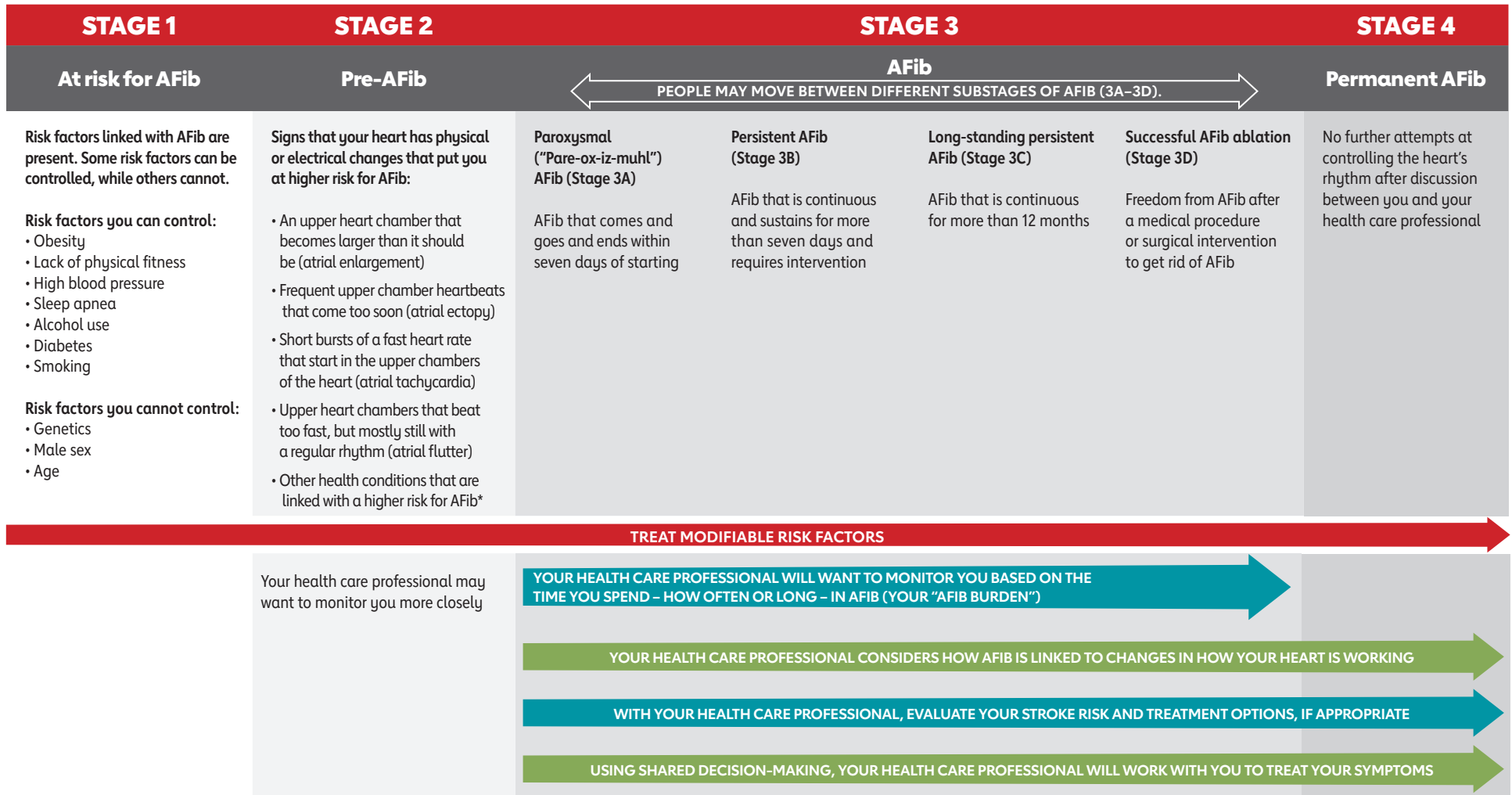




STAGES OF AFIB

Atrial fibrillation, or AFib, is when the heart's two small upper chambers (atria) beat irregularly and too fast, quivering instead of contracting properly. AFib is a heart condition that can get worse over time. It has four stages. It's important to know which stage you're in so you can get the right treatment. You can also take steps to reduce your likelihood of getting AFib or of your AFib becoming worse.



*** Other health conditions that are linked with a higher risk for AFib:**

- **Heart failure:** The heart isn't pumping as well as it should. As a result, your body isn't getting enough of the oxygen-rich blood it needs to work properly.
- **Valve disease:** Heart valves open and close to control blood flow through your heart. When one or more of these valves doesn't work right, you can develop any of several conditions.
- **Coronary artery disease:** The buildup of fatty deposits (plaque) in the heart's arteries that could lead to heart attack or ischemic stroke.
- **Hypertrophic cardiomyopathy:** A thickening of the lower main pumping chamber of the heart (the left ventricle).
- **Neuromuscular disorders:** These happen when your body has trouble with some of its nerves, muscles, or communicating between them.
- **Thyroid disease:** The thyroid is a gland that releases hormones that control how the entire body uses energy. It affects a number of organs. Thyroid disease can cause the thyroid to make too little or too much of the hormones, affecting how the heart can function.

Original figure created by the 2023 Atrial Fibrillation Guideline Writing Committee