

Understanding Atrial Fibrillation

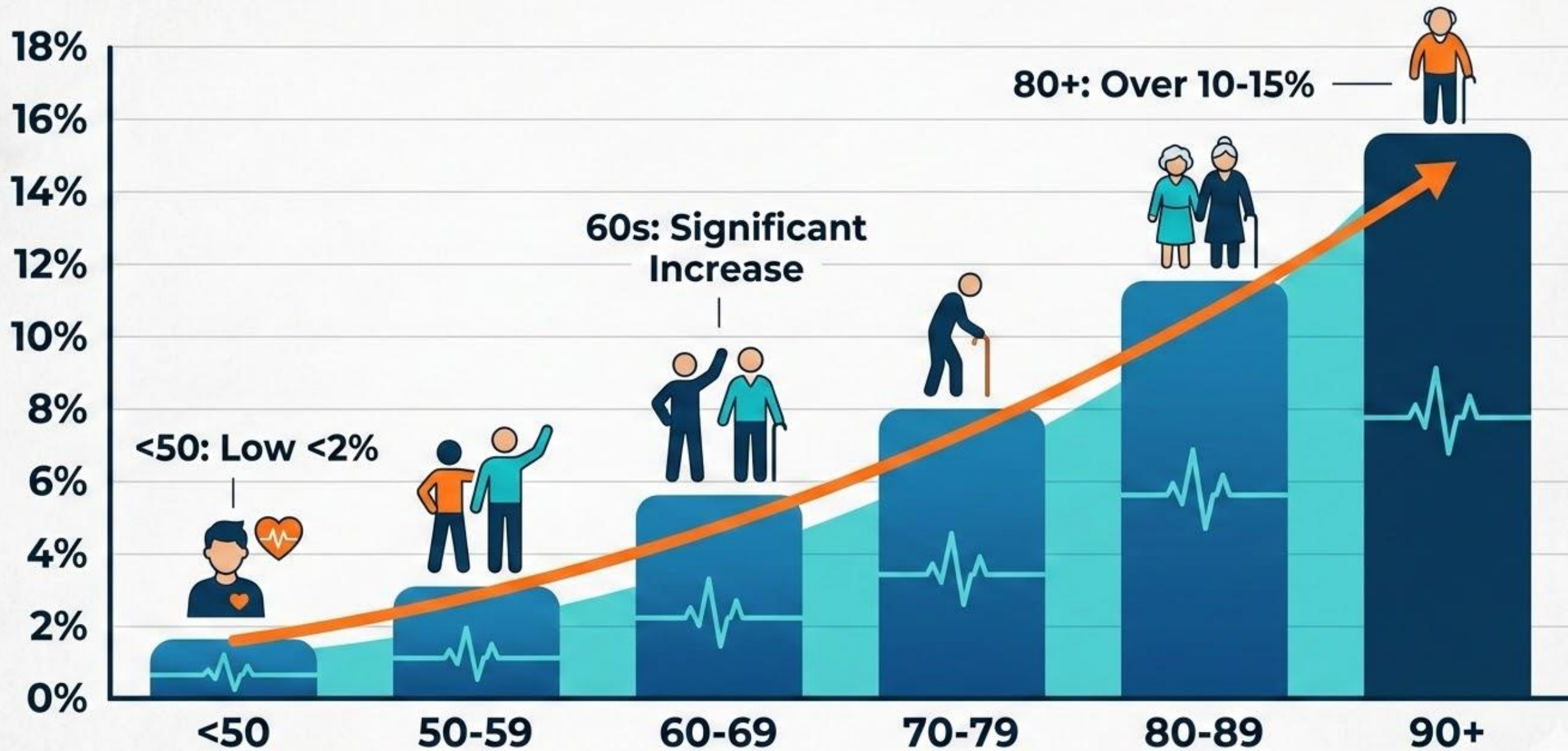
Presented by Tiffany Allen DNP, FNP-BC, RN, PCCN, CNE

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Agenda

1. Growing Epidemic
2. Pathophysiology “The short circuit”
3. Risk Factors for Atrial Fibrillation
4. Treatment, Rate vs. Rhythm
5. Stroke Protection and the LAA
6. Oral Anticoagulation
7. But what if bleeding?
8. Summary

PREVALENCE OF ATRIAL FIBRILLATION RISES WITH AGE

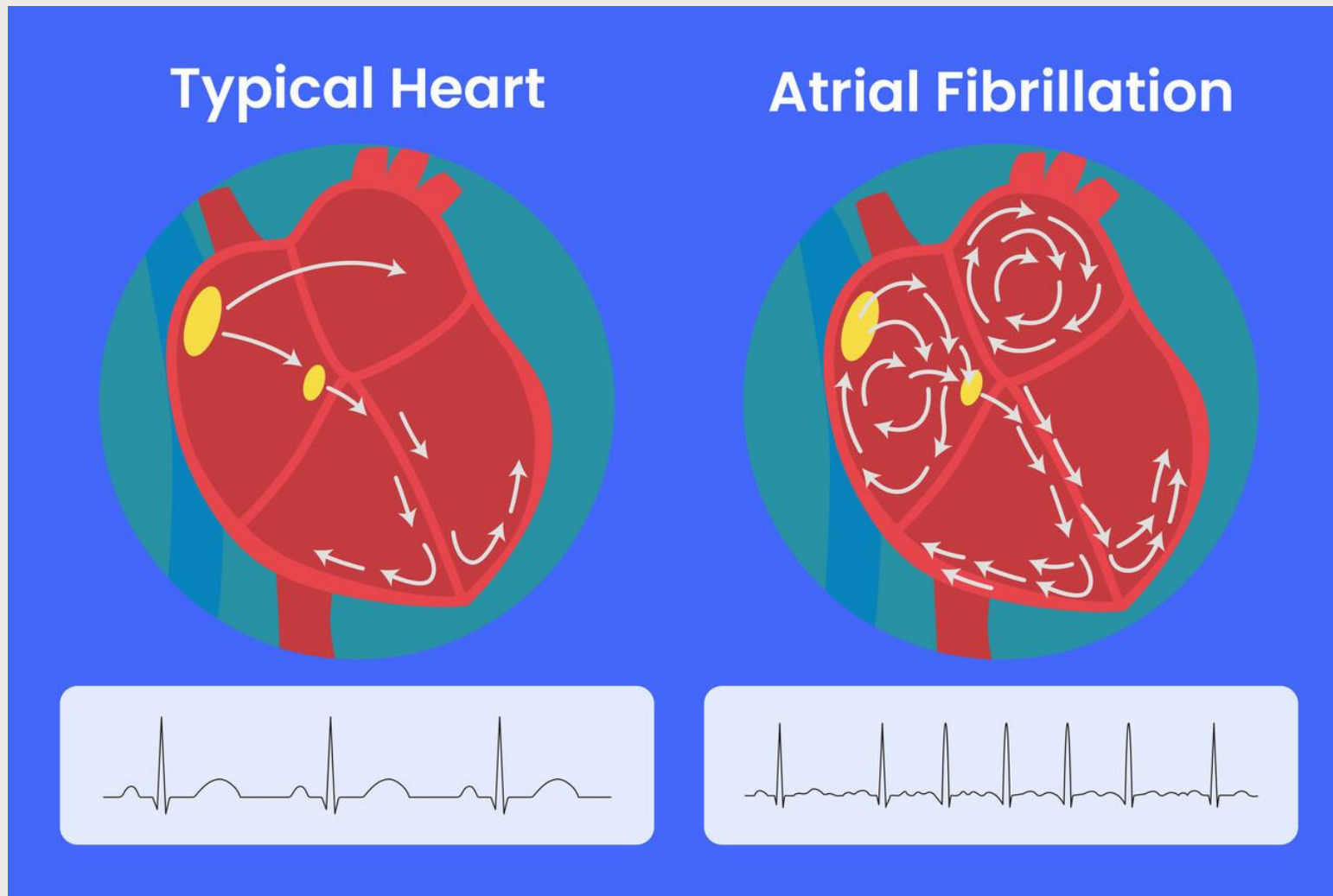


*General statistics. Consult a healthcare professional for specific risks.

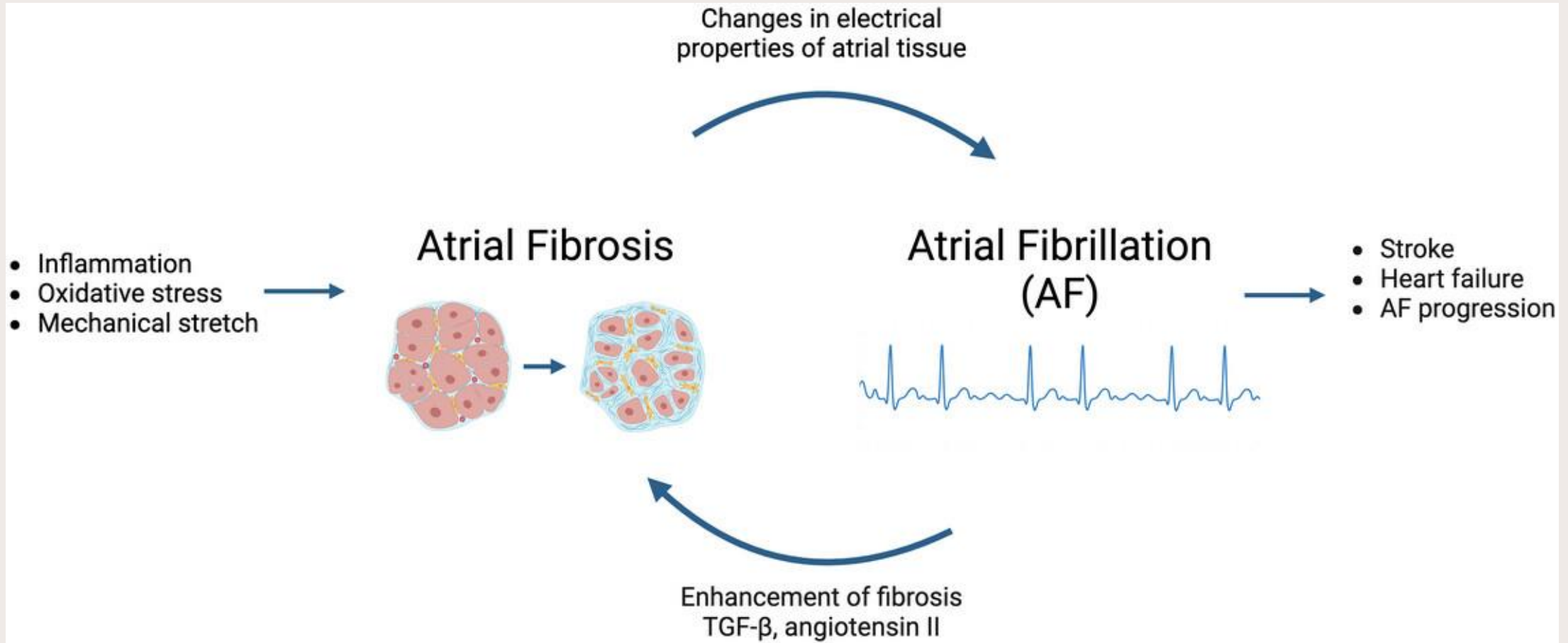
Growing Epidemic

- **The Big Picture:** Approximately **12.1 million people** in the U.S. are expected to have AFib by 2030. Currently, it affects about 1 in 4 adults over the age of 40 during their lifetime.
- **Age is the Biggest Driver:** * Under age 65: ~2% prevalence. Over age 80: ~**10% to 15%** prevalence.
- **The Stroke Connection:** People with AFib are **5 times more likely** to have a stroke than those without the condition.
- **Hospitalization:** AFib is a leading cause of cardiovascular hospitalizations, accounting for nearly **500,000 hospital stays** per year in the U.S. alone.

Pathophysiology “The short circuit”



Pathophysiology “The short circuit”





Management of Risk Factors



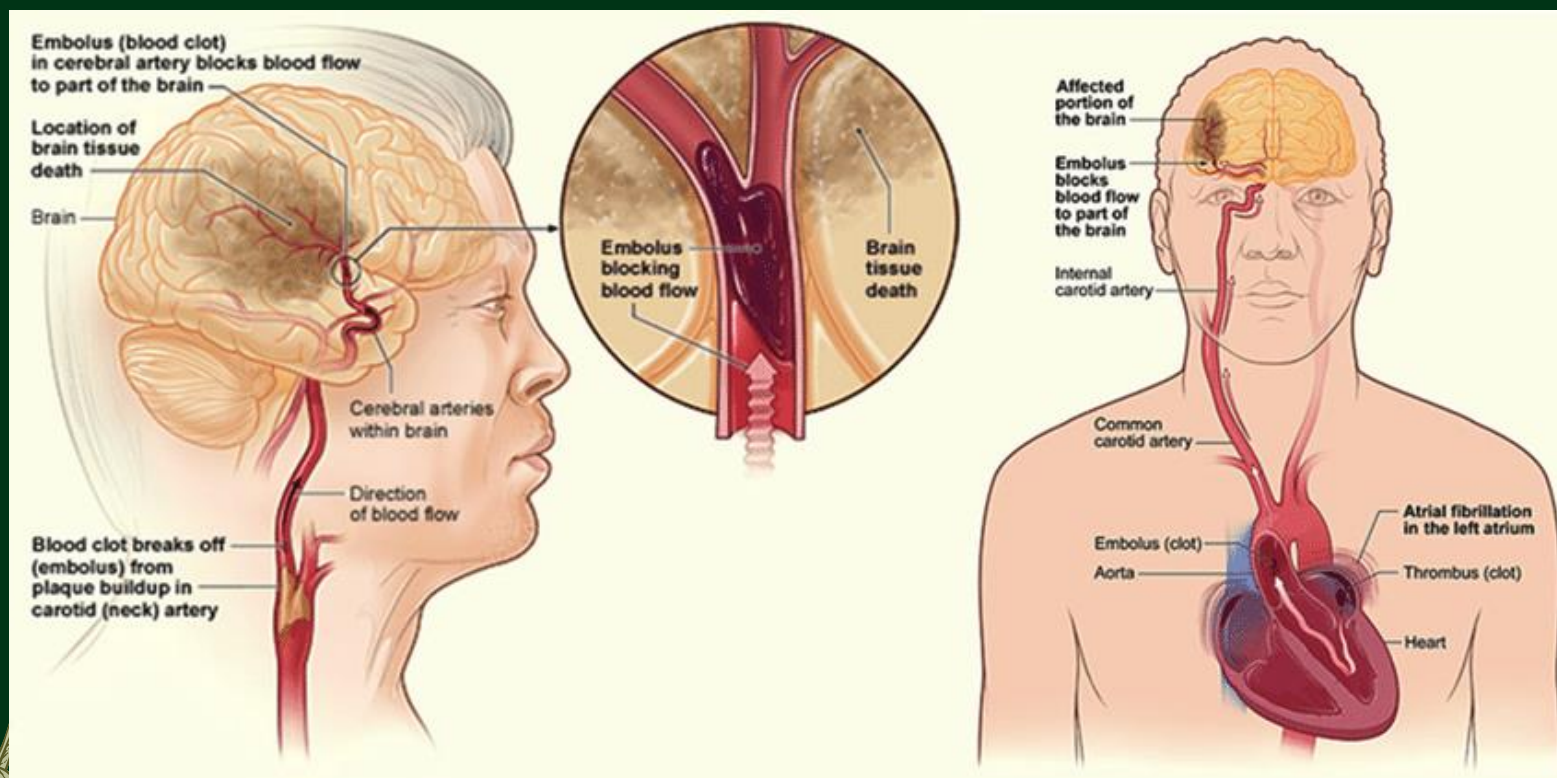
Risk Factor	Why it Matters	Action Step
High Blood Pressure	Places constant strain on heart tissue.	Aim for < 130/80 mmHg.
Sleep Apnea	Oxygen drops at night trigger AFib.	Use CPAP if prescribed.
Alcohol Intake	Even moderate drinking can be a trigger ("Holiday Heart").	Limit to < 1 drink/day.
Obesity	Excess weight stretches the atria.	Even a 10% weight loss helps.

Treatment: Rate vs. Rhythm Control

- **Rate Control (The "Slow it Down" Approach)**
 - **Goal:** Keep the heart rate at a safe speed (usually < 110 bpm at rest) even if the rhythm stays irregular.
 - **Common Meds:** Beta-blockers (e.g., Metoprolol) or Calcium Channel Blockers.
 - **Best for:** Older patients or those with minimal symptoms.

- **Rhythm Control (The "Fix the Beat" Approach)**
 - **Goal:** Restore and maintain a normal sinus rhythm.
 - **Methods:** * **Cardioversion:** A "reset" using a timed electrical shock.
 - **Ablation:** A procedure to scar the tiny areas of heart tissue causing the "short circuit."
 - **Best for:** Younger patients or those whose symptoms (shortness of breath, fatigue) are debilitating.

Preventing Stroke: Oral Anticoagulation



Assessing Risk for Stroke

CHA₂DS₂-VASc Score

Stroke Risk Assessment in Atrial Fibrillation



Congestive Heart Failure **1 Point**



Hypertension **1 Point**



Age ≥ 75 Years **2 Points**



Diabetes Mellitus **1 Point**



Stroke / TIA / Thromboembolism **2 Points**



Vascular Disease **1 Point**



Age 65-74 Years **1 Point**



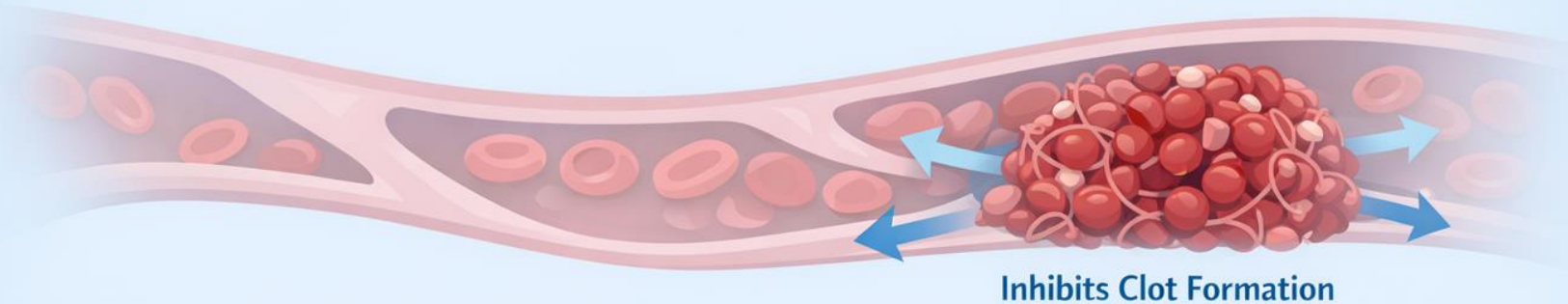
Sex Category (Female) **1 Point**

Score 0 – 9 Points

Higher Score = Greater Stroke Risk

Oral Anticoagulation Choices

Top 5 Most Prescribed Oral Anticoagulants



Warfarin



Apixaban (Eliquis)



Rivaroxaban
(Xarelto)



Dabigatran
(Pradaxa)



Edoxaban
(Savaysa)



Summary

- Risk for A-Fibb increases with age.
- Many have no symptoms, until an EKG is preformed
- Two strategies for treatment Rate vs. Rhythm control
- Oral anticoagulation recommended for many
- Risk factor reduction improves outcomes and reduces A-Fibb burden
- Strong market positioning
- Robust growth strategy
- Innovative product development
- Commitment to user satisfaction

Thank you
Questions?

