

# Could You Have AFib?

## Common Symptoms

- Racing heartbeat
- Fluttering in your chest
- Fatigue
- Shortness of breath
- Dizziness
- Chest discomfort

Some people have no symptoms at all.



# You Don't Have to Live with AFib

Modern treatments allow many patients to return to an active, healthy lifestyle.

Call today to schedule your evaluation.



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## ATRIAL FIBRILLATION

Expert Electrophysiology Care

Don't let irregular heartbeat  
control your life



*Restoring Normal Rhythm  
Protecting Your Heart  
Improving Your Quality of Life*

## What is Atrial Fibrillation?

Atrial fibrillation (AFib) is the most common abnormal heart rhythm. Instead of beating in a steady pattern, the upper chambers of the heart beat rapidly and irregularly.

This can reduce the heart's ability to pump blood efficiently and increase the risk of serious complications.

## Why AFib Matters

- 5x greater risk of stroke
- Increased risk of heart failure
- Fatigue and reduced quality of life
- Higher risk of hospitalization

## Meet Our Electrophysiologist

### Robert Kim, MD

Electrophysiologist



Dedicated exclusively to diagnosing and treating abnormal heart rhythms

## Why Choose Ashchi Heart & Vascular?

- Comprehensive heart rhythm evaluations
- Advanced heart monitoring
- Catheter ablation
- Pacemaker & ICD management
- Personalized treatment plans
- Convenient office locations

## Who is at Risk?

Patients that suffer from the following conditions have an increased risk of developing AFib:

- High blood pressure
- Diabetes
- Sleep apnea
- Heart disease
- Thyroid disorders
- Obesity
- Smoking
- Alcohol use
- Family history
- Age over 65

## Treatment Options

**Lifestyle changes** - healthy habits can reduce AFib episodes.

**Medications** - help control heart rate, heart rhythm, and reduce stroke risk

**Catheter Ablation** - a minimally invasive procedure that targets the areas of the heart causing the abnormal rhythm

**Pacemakers & Other Devices** - for patients who need additional rhythm support

**Heart Monitoring** - long-term monitoring helps your physician choose the best treatment plan