

Reducing Stroke Risk in Atrial Fibrillation (AFib)

Take an active role in your health care. Use this tool to help you talk with your health care professional about ways to reduce stroke risk.

How can
I help
prevent
a stroke
from a
blood clot?

Informed by

CHA₂DS₂-VASc Risk Factors That Can Increase Your Risk for Stroke

Congestive heart failure
Hypertension (high blood pressure)
Age (75 or older)
Diabetes
Stroke (prior episode)
Vascular disease, such as:

- Peripheral artery disease
- Heart attack
- TIA
- Aortic plaque

Age (65–74)
Sex category (female)

Will I need?

Shared Decision-Making

It's important to talk to your health care professional about medications, procedures and lifestyle changes to help prevent stroke in AFib.

Risk Factor Management

Controllable risk factors:

- Obesity
- Sleep apnea
- Physical inactivity
- High blood pressure
- Diabetes
- Excess alcohol
- Smoking
- Heart failure
- Other associated medical conditions

FDA-Approved Anticoagulants (Blood Thinners)

It's important to take steps to reduce your risk, even though no method or treatment can guarantee stroke prevention. Know the warning signs for stroke and call 911 right away if you have them.

The American Heart Association and StopAfib.org are collaborating to support those living with atrial fibrillation.