

Atrial fibrillation – What can I do?

Patient Information - Cardiology Diagnostic and Interventional Services

Managing Atrial fibrillation

Lifestyle changes can reduce the amount of atrial fibrillation you have, and for some people prevent it all together.

You can help yourself by:

- Taking your medications regularly and discuss with your doctor before making any changes
- Taking regular exercise at a level you can manage comfortably i.e. able to talk while doing exercise
- Reducing alcohol and caffeine intake
- Eating a healthy diet
- Weight loss if required - a 10 % reduction can be enough to improve atrial fibrillation
- Stopping smoking
- Reducing your blood pressure
- Tell your doctor if you have sleep related breathing problems as treating sleep apnoea (stopping breathing during sleep) can help

For more information about:

- hospital and specialist services, go to www.cdhb.health.nz
- your health and medication, go to www.healthinfo.org.nz

Notes
