

What can I do for my atrial fibrillation?

Patient information: Cardiology Diagnostic and Interventional Services
www.healthinfo.org.nz

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. can talk while doing

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