What can I do for my atrial fibrillation?

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

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