



Evaluation of Atrial Fibrillation and Its Prevention Methods

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Description

Atrial fibrillation is a common heart condition that affects millions of people around the world. It occurs when the upper chambers of the heart, called the atria, heart beat irregularly with the lower chambers, known as the ventricles. This abnormal rhythm can lead to various complications, including blood clots, stroke, and heart failure.

Causes of atrial fibrillation

There are several causes of atrial fibrillation, including:

Age: The risk of developing A-Fib increases with age.

High blood pressure: Hypertension can damage the heart and lead to A-Fib.

Heart disease: Various types of heart disease, such as coronary artery disease, valve disease, and heart failure, can cause atrial fibrillation.

Other medical conditions: Certain medical conditions, such as hyperthyroidism, lung disease, and sleep apnea, can increase the risk of A-Fib.

Lifestyle factors: Excessive alcohol consumption, smoking, and drug use can increase the risk of A-Fib.

Symptoms of atrial fibrillation

Atrial fibrillation symptoms can vary from person to person. Some individuals may not experience any symptoms, while others may experience the following:

Heart palpitations: A racing, fluttering, or pounding sensation in the chest.

Fatigue: Feeling tired or weak.

Breathing difficulty: Difficulty breathing, especially during physical activity.

Dizziness or lightheadedness: Feeling faint or dizzy.

Chest pain: A severe or throbbing chest pain.

Diagnosis of atrial fibrillation

To diagnose atrial fibrillation, doctor will perform a physical examination and ask about the symptoms and medical history. They can also the following tests:

Electrocardiogram (ECG): This test records the electrical activity of the heart and can detect irregular heart rhythms. This test uses sound waves to create images of the heart and can detect structural problems or abnormalities

Holter monitor: This is a portable Electrocardiogram (ECG) device that records the heart's activity for 24 to 48 hours.

Blood tests: These tests can check for conditions that may be causing atrial fibrillation, such as thyroid problems or anemia.

Treatment of atrial fibrillation

The treatment of A-Fib depends on the underlying cause, the severity of the symptoms, and the risk of complications. Some of the treatment options include:

Medications: Several types of medications can be used to manage A-Fib, including anticoagulants to prevent blood clots, beta-blockers to slow down the heart rate, and rhythm control drugs to restore normal heart rhythm.

Cardio version: This procedure uses electrical shocks or medication to restore normal heart rhythm.

Ablation: This is a minimally invasive procedure that uses radiofrequency energy to destroy small areas of heart tissue that are causing the irregular heart rhythm.

Surgery: In some cases, surgery may be necessary to correct structural problems in the heart, such as valve disease.

Prevention of atrial fibrillation

While A-Fib cannot be completely prevented, there are wide range of components can reduce the likelihood of developing disease:

Maintain a healthy weight: Being overweight or obese can increase the risk of atrial fibrillation.

Exercise regularly: Regular physical activity can help to maintain a healthy weight, to reduce stress, and lower blood pressure.

Manage other medical conditions: Treating conditions such as hypertension, diabetes, and sleep.

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