

# Managing Atrial Fibrillation with Medication

When you are diagnosed with an arrhythmia, or abnormal heart rhythm like atrial fibrillation, your healthcare provider will most likely discuss medications to manage the arrhythmia.

*“First treatment is typically medications. Typical first line. Every patient is different, so I always say the best treatment plan is the one that you and your doctor come up with together because treatment for AFib can vary based on how symptomatic you are and can also vary based on you summon the results of your test and your history.”*

Medications used to treat arrhythmia may include calcium channel blockers and beta blockers.

Calcium channel blockers block calcium from entering your cells which allows your blood vessels to open up so your heart can pump blood more easily. As a result, the heart needs less oxygen.

Beta blockers work by blocking-something called beta receptors in the heart. Normally they can produce hormones that stimulate your heart. With betablockers, the heart beats more comfortably, perhaps slower and more controlled, so it's not working as hard.

Beta blockers also cause your blood vessels to relax managing your blood pressure making your heart's job easier.

Some people with arrhythmia have an increased risk for blood clots that can lead to stroke or other serious issues.

In this case, you might be prescribed an Anticoagulant medication to help reduce your risk.

Anticoagulants interfere with the blood's ability to form clots. This lowers your risk of experiencing a clot-related health problem.

No matter what type of medication you are prescribed to manage your arrhythmia, the key is to use it as directed.

Talk to your healthcare provider about any prescriptions you have.

Know when and how much you need to take.

And talk to your healthcare provider about possible side effects and what to do if you experience them.

If you do experience a side effect let them know.

There may be other medications or a different dose that would work better for you.

Don't stop taking your medication unless your healthcare provider instructs you to.

# Managing Atrial Fibrillation with Medication

When you are diagnosed with an arrhythmia like atrial fibrillation, your healthcare provider will work with you to prescribe the right medications for you personally.

Atrial fibrillation affects people in different ways. It is a manageable condition.

Know your medication. Follow your medication instructions.

Taking your medications as directed is key to getting and staying in control of your arrhythmia.