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THE QUAY SURGERY

Monthly Newsletter

Understanding Atrial Fibrillation: Managing Your Heart Health

Atrial fibrillation (AFib) is a common heart rhythm disorder that affects millions of people worldwide. It occurs when the heart's upper chambers (atria) beat irregularly and out of sync with the lower chambers (ventricles). This can lead to various symptoms such as palpitations, shortness of breath, fatigue, and dizziness. Some individuals may experience a racing or pounding sensation in the chest, while others may not notice any symptoms at all. It is essential to be aware of these signs and promptly seek medical attention if you suspect AFib.

The causation of AFib can vary, but it is commonly associated with conditions that strain the heart, such as high blood pressure, coronary artery disease, heart valve problems, or prior heart surgeries. Other contributing factors may include overactive thyroid, lung diseases, excessive alcohol or stimulant intake, and viral infections.

Treating AFib is crucial to prevent complications like stroke, heart failure, and other heart-related issues. Your GP might request an ECG or continuous heart rate monitoring to diagnose this condition. Treatment options may include medications to control heart rate and rhythm, such as beta-blockers or anti-arrhythmic drugs. Additionally, blood thinners may be prescribed to reduce the risk of blood clots and stroke. In some cases, cardioversion or catheter ablation procedures may be recommended to restore a normal heart rhythm.

Aside from medical interventions, lifestyle changes play a vital role in managing AFib. Adopting a heart-healthy diet, maintaining a healthy weight, regular exercise, and avoiding excessive alcohol and caffeine can positively impact your heart health.

Click here for [more information](#)

SPOTLIGHT: AN EMBLEM OF KINDNESS

Fiona, one of our exceptional team members whose compassionate nature never ceases to amaze. Recently, she learned about a patient's husband being unwell and decided to lift their spirits. Fiona arranged a special carvery delivery from The Running Hare, brightening their day and showing that kindness knows no bounds.



Fiona's acts of selflessness inspire us all. Let's celebrate her genuine care and empathy, as she continues to make a positive impact on those around her.

Thank you, Fiona, for being an outstanding example of kindness in our workplace.

UPDATE

AVOID THE TELEPHONE QUEUE AND USE E-CONSULT ON OUR WEBSITE

PLEASE GIVE YOUR KIND FEEDBACK ON THE NEWSLETTER BY CLICKING THIS [LINK](#)

