Top 10 NLO|AFib Articles of 2015

by NEWLIFEOUTLOOK TEAM

10. AFib and Swelling: What Are the Risks?

When you have atrial fibrillation your irregular heartbeat may make your heart pump less effectively, which can result in swelling of your hands, feet, or other body parts.

9. How to Handle an AFib Episode

Learn how to lessen your symptoms and relax your mind to get through an AFib episode faster and more comfortably.

8. The Link Between AFib and Lack of Energy

While AFib is known to affect people differently, frequent and noticeable lack of energy is a very common complaint.

7. AFib and Weakness

If you have AFib and start to feel weak, it's important to take note of all your other symptoms and get in touch with your doctor. Here's why.

6. Causes of Atrial Fibrillation

There are many triggers and causes of atrial fibrillation. In this article we review the most important risk factors that can contribute to the development of the condition.

5. The Different Types of Atrial Fibrillation

Not all atrial fibrillation episodes are the same. Generally speaking, doctors classify AFib either as paroxysmal, persistent or longstanding persistent/permanent.

4. AFib Triggers to Avoid

An AFib episode can’t always be traced to a trigger, but many people with AFib can pinpoint at least a few ingredients, events, or procedures that exacerbate their symptoms. And sometimes those triggers are not what they expected.

3. Top Tips for Fatigue Management

There are a number of reasons you may feel fatigued if you have AFib. Consider these tips for managing your fatigue.

2. Symptoms of AFib

AFib can go undetected for a long time, but as it advances, many people eventually notice some abnormal sensations. Pain isn’t the only worrisome chest symptom to watch out for — these less prominent changes can also point to AFib.

1. 10 Healthy Habits for Living with AFib

If you have a diagnosis of atrial fibrillation, you know that taking your medication and seeing your doctor regularly are important for your cardiovascular health. But did you know you can take steps at home to improve your health, too?