

**Atrial fibrillation, or AFib,** is the most common heart rhythm problem (arrhythmia). **Medications, along with lifestyle changes, play a vital role in managing AFib.**

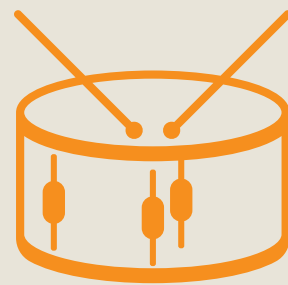


**Medications can:**



**Keep the heart from beating too fast**  
(rate control medications)

**and/or**



**Get the heart back to a normal rhythm and help keep it there**  
(rhythm control medications)

**and**



**Help prevent a stroke,** which is more common with AFib (anticoagulants or blood thinners)

## Rate control medications are often used to treat AFib

- ▶ Examples include:
  - Beta blockers (like metoprolol or carvedilol)
  - Calcium channel blockers (like diltiazem or verapamil)
  - Digoxin, in some cases
- ▶ These medications also are used to treat other heart conditions.
- ▶ Sometimes, these drugs aren't enough to control AFib.
- ▶ In some cases, taking both a rate and rhythm control medicine might be needed.

**Rate control medications slow the speed of the heart's beats. They've been around for a long time and are generally safe.**

## Things to keep in mind

▶ Talk about common side effects:



**Drop in blood pressure**



**Tiredness, low energy**



**Dizziness**

- ▶ Finding the right medicine and dose (amount) often takes some time, so stick with it.
- ▶ Make a plan to monitor your heart rate and ask what your rate should be.

**Ask questions and always share concerns with your care team.**

visit [CardioSmart.org/AFib](https://www.cardiosmart.org/AFib) to learn more.

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