AF Association Patients Day

Mrs Trudie Lobban MBE FRCP (Edin)
Founder & CEO

Patients Day 2017
1 October 2017 (12.10-12.30)
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- Founder of primary charity STARS (Syncope Trust And Reflex anoxic Seizures) in 2003, umbrella charity Arrhythmia Alliance in 2005 and AF Association in 2007

- My daughter had RAS
- My husband died from cardiac arrest
- Both of my parents have AF
AF (atrial fibrillation) is the most common arrhythmia (heart rhythm disorder). It affects over 1.5 million people in the England alone, with a further 500,000 still remaining undiagnosed - so believe it or not you are some of the lucky ones!
➢ There is no ‘typical’ AF patient
➢ AF occurs in men and women
➢ Of all races
➢ And at any age
➢ It can ‘run in the family’, but most people diagnosed with AF will not have a family history of the condition.
➢ AF is related to age; the older you get, the more likely you are to develop it.
A diagnosis of atrial fibrillation, also known as Afib or AF can be a dramatic event and often comes as a surprise.

A common response is ‘why me?’ especially if you have been conscious of your diet and to be fit and active.
Nearly always, a diagnosis will be followed by a consideration of medication to address various aspects of AF.

Next, is a period of adjustment with medication and finding the right combination of drugs for you.
Impact of AF

➢ The symptoms of AF can trigger anxiety and depression, which are both natural responses.

➢ It is always helpful to talk about AF, this can be with a healthcare professional, friend/relative and of course our AF Association helpline (01789 867502).
What do I do next?

This obviously varies from person to person, and depends on how far along the ‘AF journey’ you are. I hope that you will find some of the answers you are looking for at today’s Patients Day, and even some answers you did not know you were looking for!

Things to consider

➢ Your medication (therapy & treatment)
➢ Discussing your options
➢ Your lifestyle and healthy eating
Too often AF can result in a person feeling ‘alone’ and ‘frightened’. Stories From the Heart on our website offer a detailed insight into individual experiences of life with AF.

The sharing of experiences through case stories and diary accounts not only reduces the loneliness and fear that this condition can cause, but can also help others in becoming more AF aware. From ‘knowing your pulse’ and detecting AF through to seeking diagnosis, support, information and access to appropriate treatments; valuable and essential information in the journey to managing AF.

Can you help?
Please consider sharing your experiences of AF with others. Email info@afa.org.uk or call 01789 867502
Global AF Aware Week
20-26 November 2017

How you can help:

➢ Share & Display information about AF and the importance of Detect, Protect, Correct & Perfect

➢ Hold an AF Awareness activity to seek out and 'Identify the Undiagnosed Person with AF’

➢ Fundraise & donate to enable us to continue to raise awareness and offer support

#AFAwareWeek
All-Party Parliamentary Group on Atrial Fibrillation
The All Party Parliamentary Group on AF (APPG-AF) champions awareness of Atrial Fibrillation (AF) from within the heart of Westminster.

The APPG-AF looks at a number of ways in which we can improve the treatment and diagnosis of AF and help prevent AF-related stroke. We also work with a broad range of parliamentarians from across the political spectrum to highlight the issue of AF from within parliament.
As a registered charity, AF Association relies on Friends to continue to offer our valuable information and advice service.

Join for just £2 a month or £15 per year. Please ask Rachel or Zoe for a form today.
Our resources include...

www.afa.org.uk
Brand new booklets

Identifying the undiagnosed person
How mobile devices can make a difference

Which ECG is Right for You?
Patient Survey Results

**INR Self-Monitoring vs Clinic Visits**

79% of patients would prefer to self-monitor over clinic visits, 79% agreed that indeed they would. 78% of participants responded that convenience was an important factor in self-monitoring.

**AF Screening Survey**

43% of people received screening following symptoms. 13% experienced a TIA or stroke.

Symptoms included:
- Palpitations - 65%
- Fatigue - 59%
- Breathlessness - 50%
- Light-headedness - 46%
- Anxiety - 40%
- Frequent urination - 30%
- Chest pains - 18%
- Excessive sweating - 18%
- Syncope - 8%

However...

7% had NO SYMPTOMS at all.

**Mobile ECG Devices**

**Implanted Devices - Infection**

Did the wound become infected?

- Yes: 14.59%
- No: 85.41%
Know Your Pulse
Manual or Mobile
Detecting atrial fibrillation from the wrist

Google Android is inside an increasing number of connected consumer products worldwide. Of these, the wrist watch provides an opportunity to detect undiagnosed Atrial Fibrillation which could prevent thousands of AF-related strokes. Would you be willing to volunteer 45 minutes of your time to have ECG and wrist heart recordings done at Google’s fabulous engineering building in Kings Cross, London (right by Kings Cross and St Pancras Stations)? In the first instance we need volunteers who are permanently in AF. If you are interested in visiting Google and participating please email trudie@afa.org.uk
AF Association in the news

Pressure put on Government to make GPs screen for atrial fibrillation

Cardiovascular experts, along with UK MPs, are mounting a new push to overturn the UK National Screening Committee’s decision to rule out a GP screening programme for atrial fibrillation (AF).

Last year Pulse revealed that GP practices could be offered incentives through QOF to screen elderly people for atrial fibrillation, under new ‘Agreed Service’ criteria.

The Hippocratic Post

Self-monitoring to reduce risk of AF-related stroke

AF patients say ‘yes’ to the freedom that self-monitoring gives them

Survey

Relaxation activities

Cardiovascular experts are calling for a GP-led service to screen elderly people for atrial fibrillation (AF).

We should be a nation that knows about its heart rhythm. Trustee Louise of the Arrhythmia Alliance explores AF-related strokes.

Stroke

“We should be a nation that knows about its heart rhythm.” Trustee Louise Brown of the Arrhythmia Alliance explores AF-related strokes.

Know Your Pulse: Providing Community-Wide Awareness About Atrial Fibrillation

AF Association

www.afa.org.uk
Finally...

Be in Control of AF
Don’t Let AF Control YOU
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Detect  AF by a simple pulse check

Protect  against AF-related stroke using anticoagulation therapy (not aspirin)

Correct  the irregular rhythm with access to appropriate treatment

Perfect  the patient care pathway

#AFAwareWeek