

ATRIAL FIBRILLATION MEDICATIONS

1. Rate Control Medications Purpose is to Slow down the heart rate to a normal 50-80 bpm range.

- **Beta-blockers (e.g., Metoprolol, Atenolol, Bisoprolol)**
 - **Benefits:** Effective in controlling heart rate; reduce symptoms.
 - **Risks:** Can cause fatigue, dizziness, and in rare cases, exacerbate asthma
 - **Monitoring:** Regular blood pressure and heart rate checks.
- **Calcium Channel Blockers (e.g., Diltiazem, Verapamil)**
 - **Benefits:** Control heart rate; alleviate symptoms.
 - **Risks:** May cause constipation, swelling in the legs, or low blood pressure.
 - **Monitoring:** Blood pressure and heart rate monitoring.

2. Anticoagulants Purpose: Reduce the risk of stroke by preventing blood clots.

- **Direct Oral Anticoagulants (DOACs) (e.g., Apixaban, Rivaroxaban, Edoxaban)**
 - **Benefits:** Effective and convenient; fewer dietary restrictions; no regular blood tests required.
 - **Risks:** Risk of bleeding
 - **Monitoring:** Regular yearly follow-up appointments to monitor for side effects.

3. Rhythm Control Medications (Antiarrhythmics) Purpose is to Restore and maintain normal heart rhythm prescribed for some patients.

- **Amiodarone**
 - **Benefits:** Effective in maintaining normal rhythm.
 - **Risks:** Can affect lungs, liver, thyroid, skin, and eyes.

Monitoring: Regular liver, thyroid, lung function tests, and eye exams.

Important Points to Remember

- **Adherence:** Take medications as prescribed. Missing doses can increase the risk of stroke and or uncontrolled heart rate.
- **Lifestyle:** Maintain a heart-healthy lifestyle with a balanced diet, regular exercise, and avoiding smoking and excessive alcohol.
- **Regular Check-ups:** Attend all follow-up appointments to monitor the effectiveness and side effects of medications.
- **Report Symptoms:** Notify your doctor if you experience any new or worsening symptoms, such as unusual bleeding, bruising, severe fatigue, chest pain, stroke symptoms or breathing difficulties.