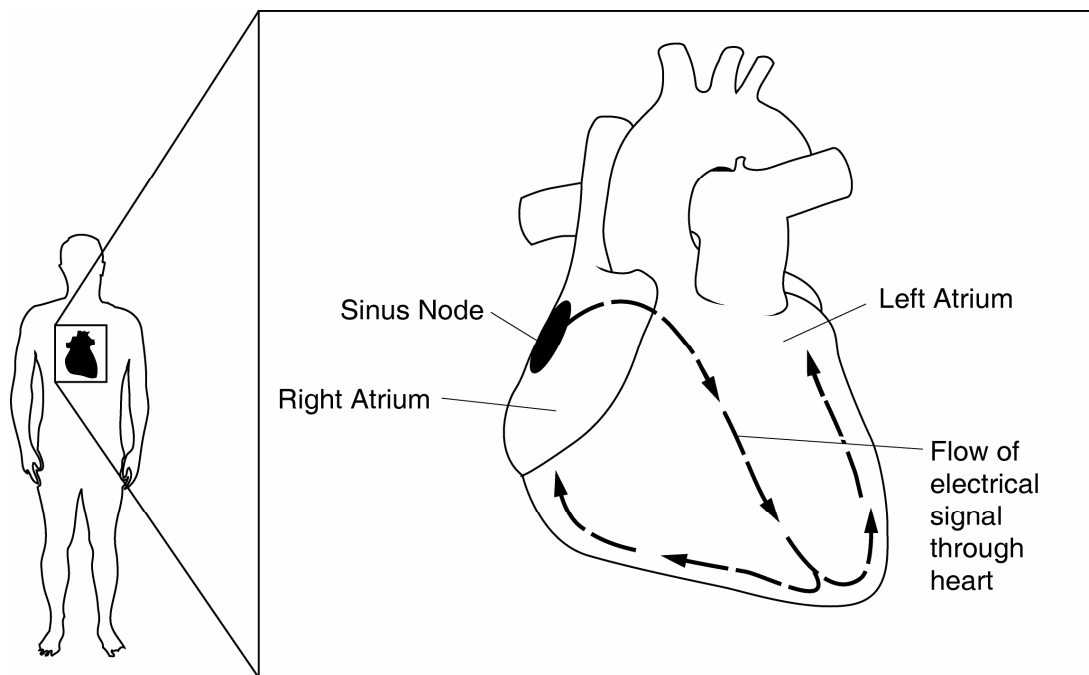


Atrial Fibrillation

Atrial fibrillation is also called A-fib or atrial fib. This is an abnormal heart rhythm.

The heart's rhythm is controlled by electrical signals in the heart. The **sinus node** sends electrical signals to the rest of the heart. These signals cause the heart to contract and pump blood. Normally, the heart contracts and relaxes at a regular rate. With atrial fib, the sinus node does not start the electrical signal. Signals come from other spots in the right or left atrium. This causes the heart to beat irregularly and at times very fast.



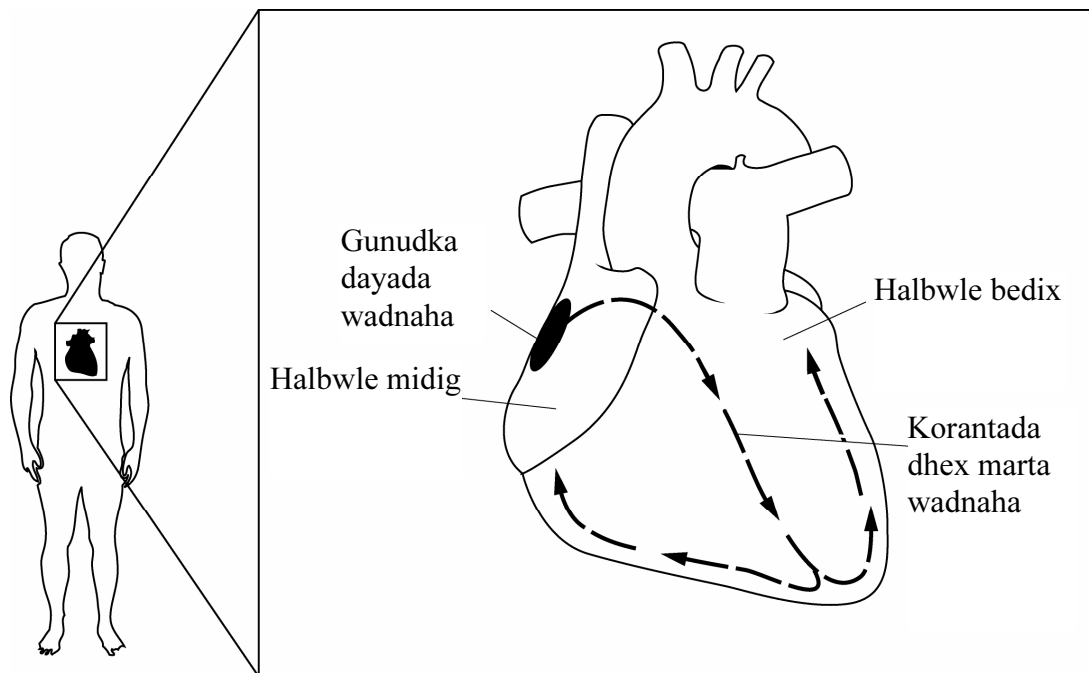
Signs of Atrial Fib

- Irregular heart beat
- The feeling of rapid thumping inside the chest called heart palpitations

Wadne gariir

Wadne gariir loo yaqaanno (Atrial Fibrillation amase A-fib amase atrial fib). Kani waa wadne garaac aan caadi ahayn.

Garaaca wadnaha waxaa suga signallo koronto ah oo wadnuhu leeyahay. **Guntin Dalqada wadnaha ku talla** ayaa u dita signallo koronto ah inta kale ee wadnaha. Signalladaasi waa kuwa sameeya in wadnuhu isku noqdo oo kala baxo haddana si uu dhiigga usoo tuuro. Sida caadiga ah wadnuhu isaga ayaa marna kala baxa marna isku noqda si uu u habeeyo inta loo baahan yahay ee dhiigga ah ee jidhka kale la gaadhsiinayo. Wadne gariirku markuu yimaaddo guntinta dalqada wadnaha ku talla—ayaan bilaabin inay dirto signalka, sidaa darteed signallada ayaa kasoo bilaabma qaybaha sare midig ama bidix. Taasina waxay keentaa in wadnuhu u garaacmo si qayrul caadi ah, oo mararka qaarkood uu aad u gariiro.



Calaamadaha wadne-gariirka (Atrial Fib)

- Wadnaha oo si aan caadi ahayn u garaacma
- Dareenka garaac xoog ah oo laabta gudeheeda ah, oo la yidhaahdo wadne gariir

- Shortness of breath
- Tire easily with activity
- Feel faint, dizzy or lightheaded

Your Care

Your doctor will check your pulse and listen with a stethoscope for an irregular heart beat. Your doctor may order tests such as:

- An electrocardiogram (ECG or EKG)—a record of your heart's electrical activity
- Holter monitoring—a record of your heart rate for 24-48 hours
- Other tests to check for heart disease

Your treatment may include:

- Medicine to help regulate your heart rhythm and rate. You may also need to take a blood thinner called an anticoagulant to reduce the risk of blood clots and stroke.
- A cardioversion if medicine does not help. This is a low energy electrical shock applied through the skin to the heart to convert an abnormal heart rhythm to a normal rhythm. Sedation medicine is given before this is done.

People with atrial fib are at a higher risk for stroke or serious heart problems if atrial fib is not controlled. It is very important to be under a doctor's care.

Talk to your doctor or nurse if you have any questions or concerns.

- Hawada neefsiga oo kugu yaraata
- In aad si fudud ugu daasho dhaqdhaqaaqa
- Inaad dareento itaal darro, diidmo (wareer), iyo madax wareeg

Daawayntaada

Dhakhtarkaagu wuxuu eegi doonaa garaaca wadnahaaga oo ku dhegeysan doonaa qalab baadhitaan. Dhakhatrkaagu wuxuu kuu diri karaa mid ka mid ah baadhitaanadan:

- Electrocardiogram (ECG or EKG)—in la duubo garaaca dhaqdhaqaaq korontada ee wadnahaaga
- Fiirsashada Holter—in la duubo heerka garaaca wadnahaaga ee 24-48 saacadood
- Baadhitaanno kale oo xanuunka wadnaha la xidhiidha

Dawadaada waxaa ka mid noqon kara:

- Dawooyin kaa caawiya inay xukumaan garaaca wadnahaaga oo heer caadi ah ka dhigaan. Waxaa laga yaabaa inaad u baahato khafiifiye dhiig la yidhaahdo anticoagulant oo ka hor taga in dhiiggaaga ay ku samaysmaan guntimo ama xinjiro.
- Wadne artafiishal ah haddii aanay dawo ku caawin karin. Waa mishiin yar oo leh laydh diciif ah oo lagu dhejiyo jidhka hoostiisa si uu wadnaha uga caawiyo in uu garaaciisu noqdo caadi. Dawooyin lagugu suuxiyo ayaa lagu siin doonaa ka hor intaan lagu gelin mishiinkan.

Dadka wadna xanuunkan lihi waxay halis xogleh ugu jiraan inuu faalig ku dhaco ama dibaatooyin halis ah oo wadnaha ah haddii aan si fiican loo baadhin oo aan loola socon xaalkooda. Waa muhiim in dhakhtar uu arrinkaaga mar kasta la socdaa.

Kala hadal dhakhtarkaaga amase kalkaalisadaada caafimaad, haddii aad wax suaal ah hayso ama shaki kugu jiro.

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