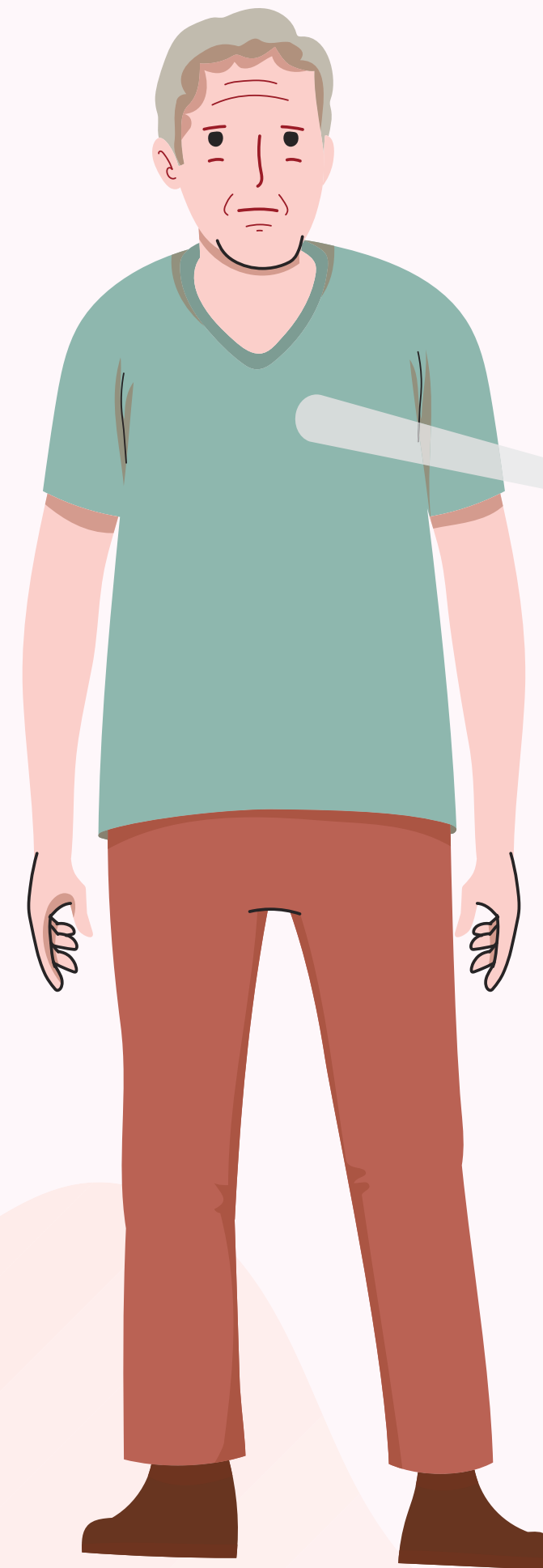

A CLL EMPOWERMENT GUIDE

Atrial fibrillation



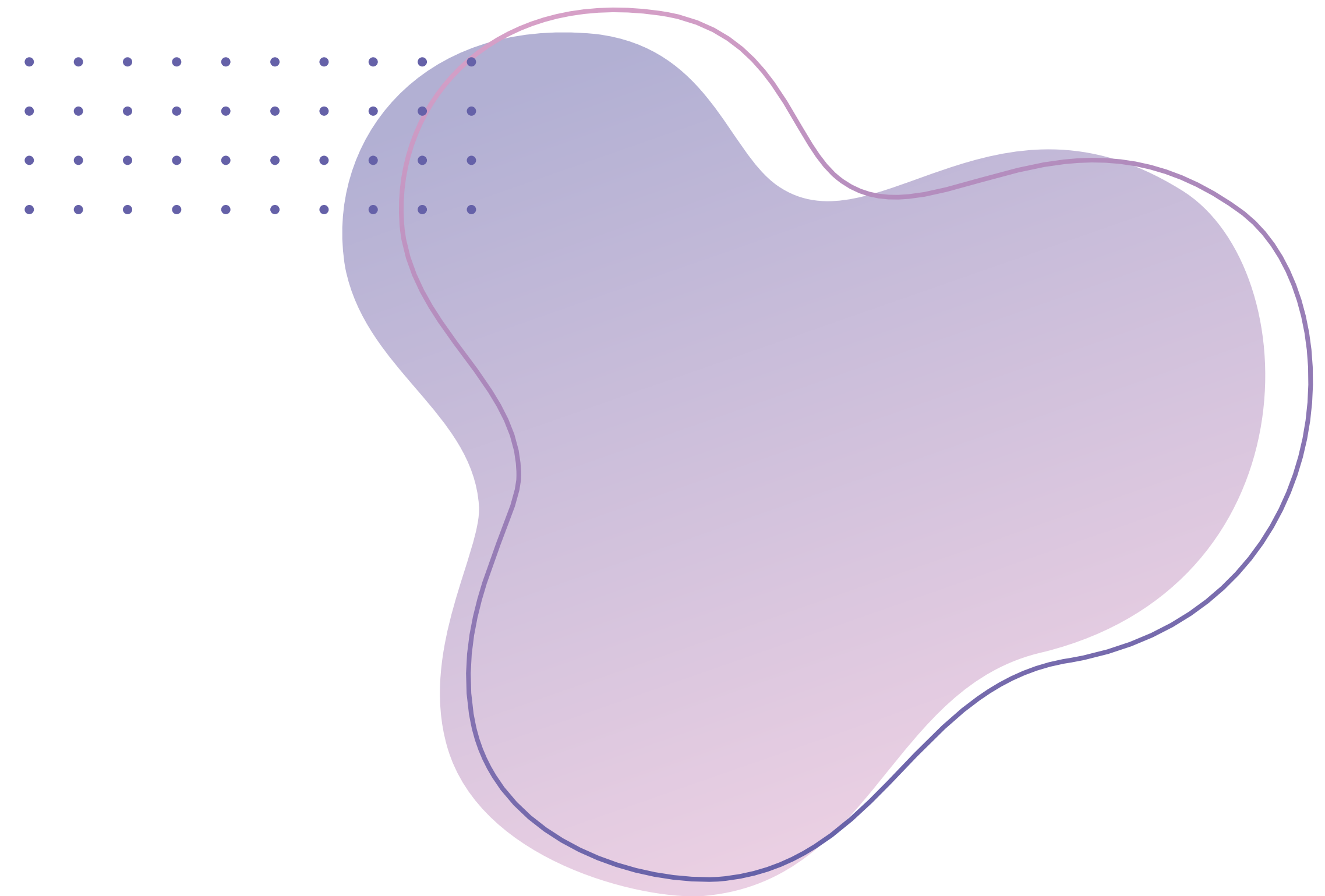
*What to know
& what to do
in case of atrial fibrillation*

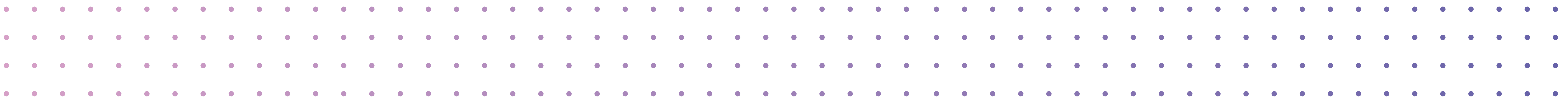
WHAT IS ATRIAL FIBRILLATION?

Atrial fibrillation is a type of arrhythmia defined as:
 "...an irregular and often rapid heart rate, that feels like
 a quivering or irregular heartbeat (arrhythmia)..."

Why should you ask for medical help for atrial fibrillation?

- Atrial fibrillation can lead to serious complications like stroke and other heart-related conditions
- It is not a common symptom in CLL, however, some drugs may increase the risk for developing atrial fibrillation as a side effect
- A rapid or irregular heartbeat can be uncomfortable and may limit your ability to engage in regular activities



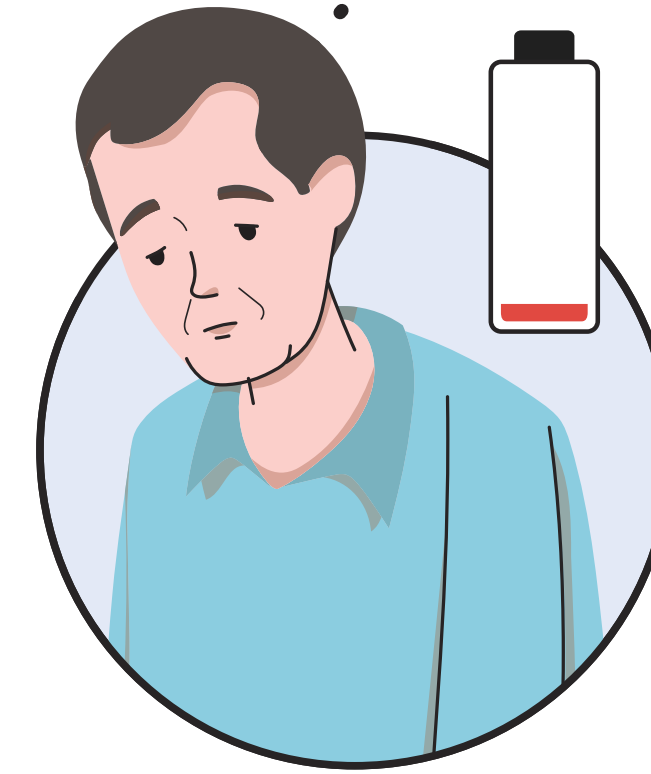


What are the main causes of atrial fibrillation?

- | **Heart diseases and conditions**, like high blood pressure and coronary artery disease
- | **Drugs** for CLL may increase the risk for atrial fibrillation.
(ask your physician what to expect and how to handle it)
- | **Age**. The risk of developing atrial fibrillation increases with age
- | **Other causes**, like caffeine, stress and alcohol

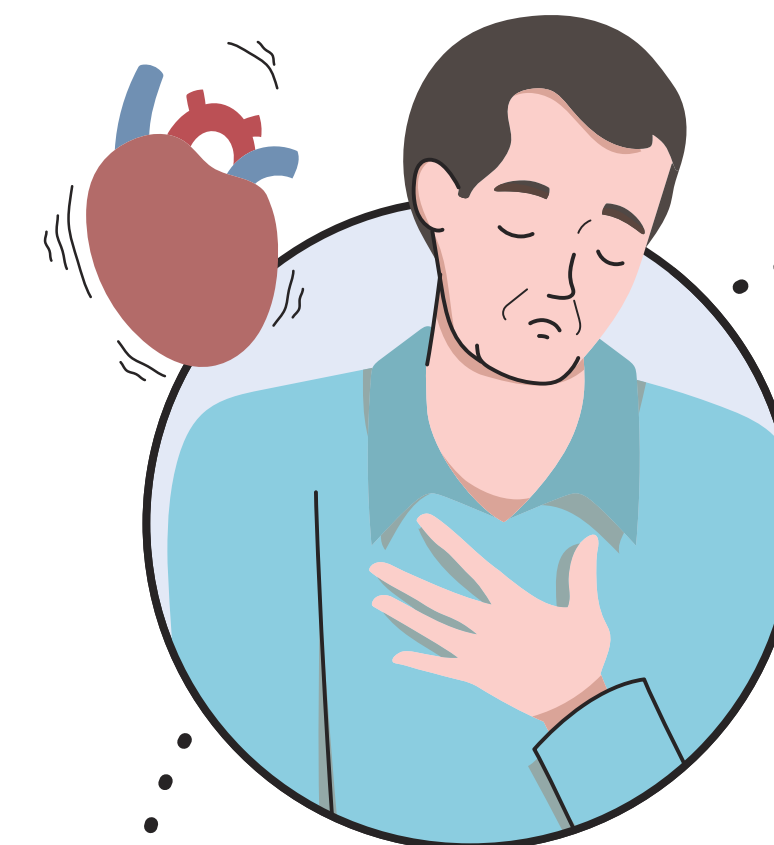
ATRIAL FIBRILLATION

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What are the main symptoms of atrial fibrillation?

- | **Palpitations.** A feeling like a racing, irregular heartbeat or like skipping a beat
- | Weakness
- | Fatigue
- | Lightheadedness
- | Confusion
- | Shortness of breath
- | Chest pain



Note that in some case atrial fibrillation may occur with no obvious symptoms.

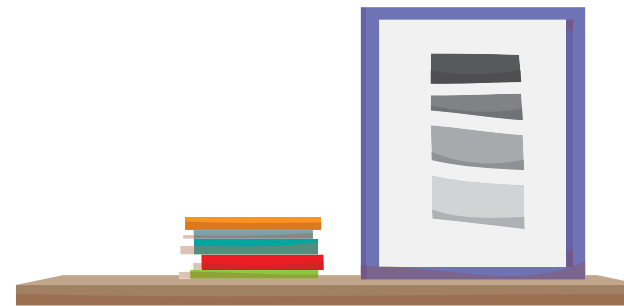
What is relevant to notice and report about your atrial fibrillation?

- | Initiation. When did your symptoms begin?
- | The frequency of your symptoms (e.g. how often you experience irregular or rapid heartbeat)
- | If you associate your symptoms with something in particular (e.g. fatigue, shortness of breath, lightheadedness, or chest pain).
What, if anything, seems to improve or worsen them
- | If your symptoms are occasional or persistent
- | How long your symptoms last

ATRIAL FIBRILLATION

You should be immediately alerted and seek urgent help if you have any of the following symptoms:

- | Sudden chest pain
- | Severe shortness of breath
- | Fainting or severe dizziness
- | Rapid or irregular heartrate that comes with chest pain, shortness of breath, fainting, or lightheadedness



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AFTER CONTACTING YOUR HEALTHCARE TEAM...

What should you notice? You should ask for help again if...

Symptoms	You notice new symptom or your existing symptoms are getting worse.
Response to treatment	You notice no improvement or worsening of symptoms despite therapy.
Effects on daily activities	You notice you are unable to perform daily activities due to your symptoms.

Remember! ————— *Follow your physician's instructions carefully.*

Avoid triggers such as excessive caffeine or alcohol.

Monitor your symptoms closely. If you notice new symptoms, or worsening of existing symptoms, despite therapy, contact your physician.

If you face difficulties to perform your daily activities due to your symptoms, contact your physician.

Do not stop or start any medications without consulting your doctor.

This leaflet was created within the context of the "Patient Empowerment" Program, which is designed and implemented by the Institute of Applied Biosciences at the Center for Research and Technology Hellas (INAB|CERTH) and approved by the Hellenic Society of Haematology (HSH) and the European Research Initiative on CLL (ERIC)

