

# Do you know your heart rhythm?

Did you know that your heart beats around 100,000 times per day?

This practice has a hand-held device to check your heart rhythm

It is a quick and simple test to do

Please ask if you would like us to check if you may have atrial fibrillation (an abnormal heart rhythm)

We are participating in a project across South- East London to raise awareness of atrial fibrillation and how to manage it to protect your heart

Please ask your doctor, nurse or pharmacist if you would like further information

