



Thank you for taking part in our AF detection programme.

Our device is showing that **you may** have an irregular heart rhythm.

It is helpful that we have detected this now as we can do further tests.

If AF is confirmed, we will then be able to manage it and protect your heart.

### **What is AF?**

AF, or atrial fibrillation, is a heart rhythm problem which can increase the risk of strokes. You can have AF with no symptoms, so it is good to have an AF test done.

### **What should I do now?**

1. Contact your GP.  
Tell them you have been advised to make an appointment as you have had a heart rhythm check which has shown possible AF.  
Please take this sheet to your appointment.  
The GP practice will review you and may refer you for an ECG. An ECG (electrocardiogram) is a non-invasive test which records your heart rhythm in more detail.
2. For more information you can visit the British Heart Foundation website <https://www.bhf.org.uk/information-support/conditions/atrial-fibrillation>  
Also see: British Heart Foundation [Atrial Fibrillation: Your quick guide](#)
3. Trying to work towards a healthier lifestyle is very important for your heart and general health too. This includes eating healthily, being active, maintaining a healthy weight, quitting smoking and cutting down on alcohol. It is also really important to look after your emotional health and wellbeing, and that other conditions are well managed, such as high blood pressure, high cholesterol, or diabetes.

In the meantime, if you have any concerns or symptoms, contact NHS 111 or your GP.

Signs to be aware of include:

- Palpitations - feeling like your heart is racing, pounding, fluttering or like you have missed heartbeats
- chest pain
- shortness of breath
- feeling dizzy or faint

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### **Note to GP Practice:**

<Enter organisation> are/is participating in the South East London Integrated Care Board (SEL ICB) programme to support delivery of a Detect, Protect, Perfect approach for atrial fibrillation (AF).

We are offering patients who would like to participate, the opportunity to have a heart rhythm check using a MyDiagnostick device, which records and analyses a single lead ECG.

Your patient has used the AF detection device and received a red result, indicating possible AF. They have been advised to attend their GP practice for further advice and support.