

# AFib 2-Minute Symptom Check

Atrial fibrillation (AFib) may not have symptoms, but if you experience any of these, please take a moment to complete this short checklist and be ready to discuss with your doctor.

## Do you ever have...?



**Racing or fluttering heartbeats**



**Shortness of breath**



**Dizziness**



## Racing or fluttering heartbeats

**My heart pounds for no reason.**

Never                      Often  
Occasionally            Always

**I have uncomfortable heartbeats.**

Never                      Often  
Occasionally            Always

**Exercise gives me an unusual heartbeat.**

Never                      Often  
Occasionally            Always



## Shortness of breath

**I get out of breath with normal activity.**

Never                      Often  
Occasionally            Always

**I feel short of breath when lying down.**

Never                      Often  
Occasionally            Always

**I am more tired than usual.**

Never                      Often  
Occasionally            Always



## Dizziness

**I feel like I may faint for no reason.**

Never                      Often  
Occasionally            Always

**I get dizzy or lightheaded.**

Never                      Often  
Occasionally            Always

**I feel lightheaded when I get up.**

Never                      Often  
Occasionally            Always

**If you answered "occasionally," "often" or "always" to any of these questions, what is the frequency?**

Daily.                      Every month or so.  
Weekly.                    Once or twice a year.

**Do these uncomfortable feelings get in the way of what you're doing?**

No, I don't notice it much.            I need to stop what  
I have to stop for a moment.        I'm doing entirely.

AFib can increase your risk of stroke up to five times compared to people who don't have AFib. So if you're experiencing symptoms, talk to a Mercy primary care doctor or specialist. Through our network of heart specialists, we can provide you with all the care you need to live your life with a strong and healthy heart.