



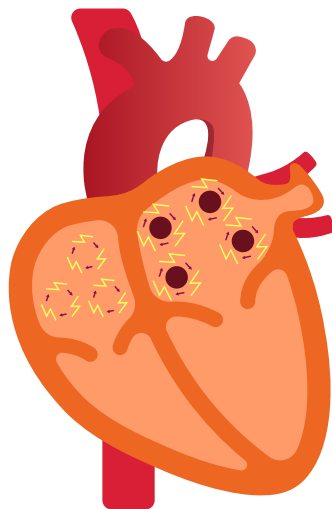
# Hybrid AF<sup>™</sup> Therapy

**Advanced Atrial Fibrillation (Afib)  
Treatment**  
Symptoms, Risks, and Treatment

**AtriCure**

## What is Afib?

Afib is the most common heart rhythm disorder in the U.S. It happens when abnormal electrical signals cause the heart to beat irregularly.



# 10 million

people are estimated to have Afib<sup>3</sup>

# 4 million

people are diagnosed with Afib every year<sup>3</sup>

# 1 in 4 adults

over 40 will develop Afib in their lifetime<sup>1</sup>

# Causes of Afib

Several risk factors and medical conditions might affect the normal function of the heart, leading to an irregular heart rhythm.

## Conditions linked to Afib include:

- Hypertension
- Heart Failure
- Diabetes
- Obesity
- Sleep apnea

## Afib presents a higher risk of:

- Stroke<sup>2</sup>
- Dementia<sup>4</sup>
- Chronic fatigue<sup>2</sup>
- Decreased activity level<sup>2</sup>
- Decline in quality of life<sup>2</sup>
- Sudden death<sup>2</sup>
- Heart failure<sup>5</sup>



## Early Stages of Afib

**Paroxysmal Afib** starts with irregular, rapid heartbeats that occur occasionally and can last up to 7 days.

**Symptoms:** palpitations, fluttering feeling in the chest, or a rapid, irregular heartbeat.

If not effectively treated, Afib may progress to more advanced stages.

## Advanced Stages of Afib

**Persistent Afib** lasts beyond 7 days and as long as one year. If not treated the heart may advance to the long-standing persistent stage.

**Long-standing persistent Afib** symptoms continue beyond one year without stopping.

### Symptoms for Advanced Stages of Afib:

Some people with Afib may not be aware of their symptoms and are only diagnosed through an assessment by their physician.



**Shortness of  
Breath**



**Weakness**



**Fatigue**



**Pain in  
the Chest**



**Pressure in  
the Chest**



**Lowered Blood  
Pressure**



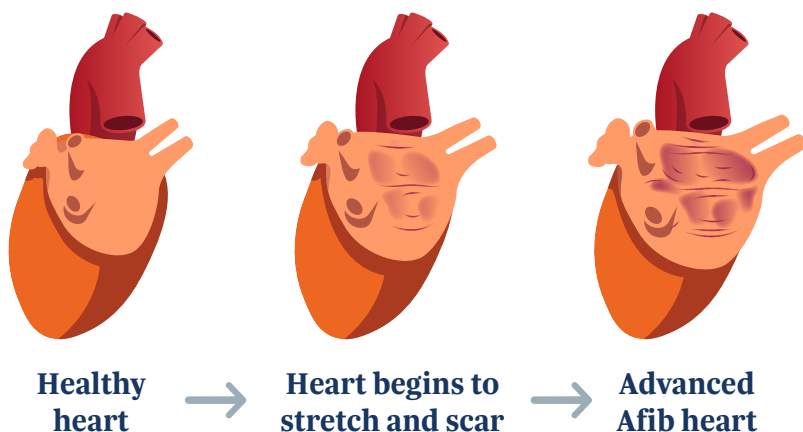
**Dizziness or  
Fainting**



**Feeling  
Lightheaded**

# Afib Can Damage Your Heart

Afib causes physical changes to the structure and shape of the heart. It can scar and stretch as well as stiffen your heart muscle. These changes can cause more of the erratic electrical signals of Afib.



**For these reasons, it is very important to discuss proper Afib treatment with your healthcare provider.**

## **Ask your doctor:**

- Do I have persistent or long-standing persistent Afib?
- What are my options to eliminate or reduce Afib?
- How can Hybrid AF Therapy treat my Afib symptoms?

# Treatment Options

The goal of treatment is to stop or decrease Afib and its symptoms. Your doctor will discuss your treatment goals and the steps you need to take to treat your Afib.



## Lifestyle Changes

- Incorporate exercise and healthy food choices
- Sleep study to determine if you have sleep apnea and need CPAP therapy



## Medications

- Blood pressure, diabetes or overactive thyroid
- Reduce the risk of stroke
- Control heart rhythm and slow heartbeat

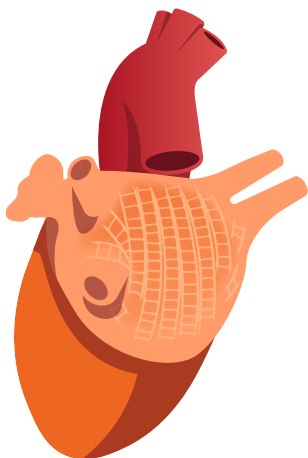
**If your symptoms are not adequately controlled by medications, your doctor may consider ablation therapy.**

# Ablation

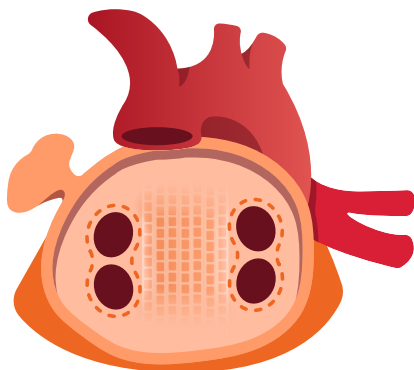
Ablation may stop Afib by forming lesions on the inside or outside of your heart. A lesion is a barrier that can eliminate the erratic electrical signals that cause Afib.

## There are two types of ablations:

**Endocardial ablation** creates lesions on the inside of the heart and is most often used to treat paroxysmal Afib.



**Epicardial Lesions**



**Endocardial Lesions**

**Hybrid AF ablation** creates lesions on both sides of the heart, the epicardial and endocardial, to treat long-standing persistent Afib.



# Learn How Hybrid AF Therapy Has Changed Lives

[www.HybridAFTherapy.com](http://www.HybridAFTherapy.com)

## References:

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2. Calkins, H., Hindricks, G., Cappato, R. et al. (2018). 2017 HRS/EHRA/ECAS/APHS/SOLAECE Expert Consensus Statement on Catheter and Surgical Ablation of Atrial Fibrillation. *Heart Rhythm*, 14(10):e275-444. doi:10.1016/j.hrthm.2017.05.012
3. Noubiap, J.J., Tang, J.J., Teraoka, J.T. et al. (2024). Minimum National Prevalence of Diagnosed Atrial Fibrillation Inferred From California Acute Care Facilities. *JACC*, 84(16):1501-1508. doi:10.1016/j.jacc.2024.07.014
4. Bunch, T.J., Galenko, O., Graves, K.G. et al. (2019). Atrial Fibrillation and Dementia: Exploring the Association, Defining Risks and Improving Outcomes. *Arrhythmia & Electrophysiology Review*, 8(1):8-12. doi:10.15420/aer.2018.75.2
5. Boriani, G. & Proietti, M. (2018). Atrial fibrillation prevention: an appraisal of current evidence. *Heart*, 104(11): 882-887. doi:10.1136/heartjnl-2017-311546

Hybrid AF Therapy is for the treatment of long-standing persistent atrial fibrillation.

**Risk Information:** This procedure is not recommended for patients with Barrett's Esophagitis, presence of left atrial thrombus (clot), a systemic infection, or an active infection local to the surgical site at the time of surgery (i.e. active endocarditis). Potential procedural complications include, but are not limited to: Pericardial effusion, pericarditis, infection, cardiac tamponade, pulmonary vein stenosis, vessel injury, tissue perforation, excessive bleeding, phrenic nerve injury, left atrial rupture, esophageal fistula, heart attack, new arrhythmias, thromboembolic complication, stroke/TIA/neurologic complication, complete heart block requiring permanent pacemaker implantation, serious skin burn, a buildup of fluid around your lungs, or death. This information is not comprehensive. Talk to your health care provider to obtain the FDA-approved product labeling or visit [www.AtriCure.com](http://www.AtriCure.com).

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