



Hybrid AF[™] Therapy

**Advanced Atrial Fibrillation
Symptoms, Risks, and Treatments**

Atrial Fibrillation

Atrial fibrillation (Afib) is an abnormal heart rhythm caused by erratic electrical signals in the heart. A normal heart rhythm creates regular electrical signals that are essential for the heart to beat in a steady, rhythmic way and pump blood to all parts of the body. But sometimes the electrical signals get irregular, and the heart beats abnormally.

Afib is the most commonly diagnosed arrhythmia in the U.S.



8 million
people are estimated
to have Afib¹

1.2 million
people are diagnosed
with Afib every year¹

1 in 4 adults
over 40 will develop
Afib in their lifetime²

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:

- Diabetes
- Obesity
- Sleep apnea
- Overactive thyroid gland

Many cardiovascular conditions can cause people to develop Afib.



Risk factors for Afib:

- Heart attacks
- Heart failure
- Heart valve disease
- Coronary artery disease
- High blood pressure

Aging, family history, stress, alcohol, caffeine and smoking are also risk factors for Afib.

Ask Your Doctor:

Do I have persistent or long-standing persistent atrial fibrillation?

What are my options to eliminate or reduce atrial fibrillation?

How can Hybrid AF Therapy treat my atrial fibrillation symptoms?

Afib Changes Over Time

Paroxysmal

Persistent

Long-
Standing
Persistent

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.



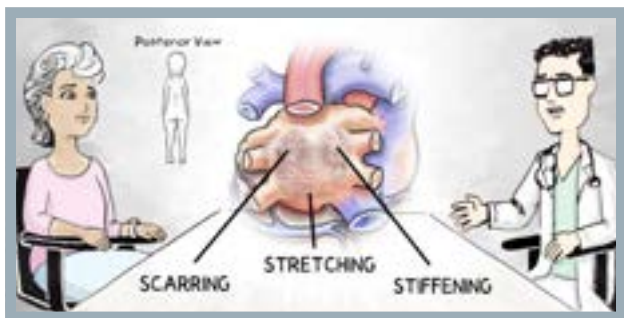
Symptoms for Advanced Stages of Afib:

Shortness of breath, weakness, fatigue, pain or pressure in the chest, lowered blood pressure, dizziness, rapid or irregular heartbeat.

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

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.

Afib presents a higher risk of:³

- Stroke
- Heart failure
- Chronic fatigue
- Decreased activity level
- Decline in quality of life
- Sudden death

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

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 ablation:



**Epicardial:
Outside the Heart**



**Endocardial:
Inside the Heart**

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

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



**Find a heart team to talk about
your Afib treatment option.**

www.HybridAFTherapy.com

Resources

Find a heart team to talk about your atrial fibrillation and treatment options: www.HybridAFTherapy.com



References

- ¹ Colilla, S. et al. (2013). Estimates of current and future incidence and prevalence of atrial fibrillation in the U.S. adult population. *Am J Cardiol*, 112(8):1142-7.
- ² Lloyd-Jones, D.M. et al. (2004). Lifetime risk for development of atrial fibrillation. *Circulation*, 110:1042-6.
- ³ Calkins, H. et al. (2018). 2017 HRS/EHRA/ECAS/APHRS/SOLAECE Expert Consensus Statement on Catheter and Surgical Ablation of Atrial Fibrillation. *Heart Rhythm*, 14(10):e275-444.

EPI-Sense Coagulation System/EPI-Sense ST™ Coagulation Device

Indications for Use: The system is intended to treat advanced atrial fibrillation (AF) defined as continuous AF that has lasted more than 12 months when accompanied by treatment with a catheter used during a hybrid procedure. Eligible patients should be either nonresponsive or intolerant of certain antiarrhythmic medications as well as the expected benefits of rhythm control outweigh the procedural risks.

Contraindications: This system is not intended to treat patients with Barrett's Esophagitis, left atrial thrombus, a systemic infection, active endocarditis, or a localized infection at the surgical site at the time of surgery. **Risks:** Ask your doctor or Health Care Provider to review the known and possible risks associated with your treatment. Examples of possible risks include (but are not limited to) excessive bleeding, stroke, infection, and phrenic nerve injury. For more information about Hybrid Therapy, visit <https://www.hybridaftherapy.com/>

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