

Mayo Clinic Medical Edge

Atrial Fibrillation: A Growing Problem

1:00

Log	Audio
Intro with music	GIVING YOU THE EDGE ON HEALTHY LIVING, HERE'S MAYO CLINIC'S MEDICAL EDGE.
	ALREADY THE MOST COMMON HEART RHYTHM CONDITION IN THE UNITED STATES, ATRIAL FIBRILLATION—A RAPID AND IRREGULAR HEART BEAT—IS A PROBLEM THAT'S GROWING.
Stephen Hammill, M.D.	"THERE'S PROBABLY ABOUT 3-MILLION AMERICANS WITH ATRIAL FIBRILLATION. BY 2020 THEY ESTIMATE IT WILL BE ABOUT 4 OR 5-MILLION."
	ONE REASON, ACCORDING TO MAYO CLINIC DR. STEPHEN HAMMILL IS THE AGING POPULATION. THE VAST MAJORITY OF PEOPLE WITH ATRIAL

	FIBRILLATION ARE OVER THE AGE OF 60. BUT AGE IS JUST ONE FACTOR. SO ARE HIGH BLOOD PRESSURE, DIABETES AND OBESITY. THAT'S WHY, WHEN IT COMES TO TREATMENT, OR EVEN PREVENTION...
Dr. Hammill	"THE FIRST STEP IS TO TRY AND TAKE CARE OF SOMETHING THAT'S REVERSIBLE."
	THAT MEANS EATING RIGHT, EXERCISING AND KEEPING YOUR WEIGHT UNDER CONTROL. AND IF YOU SMOKE, STOP!
	FOR MORE INFORMATION, TALK TO YOUR DOCTOR OR VISIT MAYOCLINIC.ORG . I'M VIVIEN WILLIAMS.