

Script – Broadcast – Listen to your heart

INTRO

If you've ever felt your heart flip flop, skip a beat or feel like it's banging against your chest wall, it could be signs of Atrial fibrillation (Afib).

That's what ESPN media personality Mike Greenberg went through earlier this year when he underwent successful cardiac ablation surgery to treat atrial fibrillation also known as Afib, the most common type of heart arrhythmia. September is AFib Awareness Month.

An arrhythmia is when the heart beats too fast, too slowly, or is out of sync. Symptoms include palpitations, low blood pressure, shortness of breath and fatigue.

TAKE VO

Cardiac ablation is a procedure where thin wires called catheters are threaded into a blood vessel from the groin and guided to the heart. Radiofrequency (heat) or cryotherapy (cold) treatment is used to destroy the cells causing the arrhythmia. Once the abnormal electrical signals are interrupted the normal heart rhythm can take over again.

Dr. Farhad Farokhi is an adult cardiac electrophysiologist with the OSF Cardiovascular Institute, who treats patients with Afib on a daily basis. He says medication can be the first line of defense when it comes to treating Afib, but sometimes medication doesn't work or cardiac ablation may be deemed the most effective method of treatment.

(((SOT)))

**Dr. Farhad (FARH-ad) Farokhi (FAR-OO-KEE)
Adult Cardiac Electrophysiologist, OSF Cardiovascular Institute**

“The patient will feel better, they won't have as much palpitation or fatigue, or shortness of breath. The heart will function more efficiently and long term the patient is going to feel better and have less chance of having heart rhythm issues or other heart complications. There is a significant benefit in terms of a patient's ability to exercise, having a better lifestyle and being on fewer medications.” (:36)

VO TAG

A successful outcome depends on the type of arrhythmia, any abnormality within the heart chamber, the patient's age and other irregularities the patient may have such as congestive heart failure or high blood pressure.

Dr. Farokhi adds that if you experience any heart-related symptoms, do not delay and seek help immediately.