

## **National Atrial Fibrillation (AFib) Awareness Month – Interview Transcripts**

**Chadi Nouneh, M.D., Cardiology Medical Director, OSF HealthCare**

“Patients with atrial fibrillation can be asymptomatic for a long period of time and they don’t know they are in irregular heartbeat. And that’s why going to see a doctor, as simple as listening to the patient’s heart and checking their pulse, we can detect irregular heartbeat and we can get an EKG and document atrial fibrillation.” (:22)

**Chadi Nouneh, M.D., Cardiology Medical Director, OSF HealthCare**

“If you’re high risk for atrial fibrillation, which is age is the number one, family history, history of hypertension, history of diabetes, history of congestive heart failure, history of coronary artery disease. All of those are risk factors for atrial fibrillation. Sleep apnea – it’s a very important risk factor and trigger for atrial fibrillation.” (:25)

**Chadi Nouneh, M.D., Cardiology Medical Director, OSF HealthCare**

“Get a blood pressure machine, an automatic one. Check it on a daily basis. If you notice your heartrate is ranging between 80 to 150 and is irregular and telling you that, it’s probably time to seek your doctor and talk to your doctor about that. The other option we have these days is the smart phone and smart monitoring.” (:20)

**Chadi Nouneh, M.D., Cardiology Medical Director, OSF HealthCare**

“Patients with atrial fibrillation usually, whenever we get to the point where their rate is controlled or get them back to sinus rhythm, they live a normal life. It’s a very common arrhythmia and patients do really well with atrial fibrillation. The goal and the cure is to get them back to sinus rhythm.” (:21)