

Real-life stories where AliveCor Kardia has picked-up on successfully recorded conditions and helped save people's lives

Arrhythmia Alliance and its sister charities carried out a trial using over 1500 AliveCor Kardia handheld ECG monitors. This meant that many people were able to record their heart rate and rhythm when experiencing symptoms such as palpitations. As a result they have been diagnosed with an arrhythmia after years of visits to doctors who had been unable to capture symptoms.

One such case of a successful diagnosis comes from John, a 67 year old male...

John was introduced to the AliveCor Kardia by his daughter, Andrea. Through our sister charity STARS (Syncope Trust And Reflex anoxic Seizures), Andrea received the device to help record how her heart reacts to her PoTS (Postural Tachycardia Syndrome). It has allowed her to understand many of her symptoms and helped her to learn how best to manage the symptoms she experienced. Prior to having a loop recorder implanted, it was the only method Andrea had to check, monitor and record an ECG (her heart rate and rhythm). She felt reassured as she was able to email the readings to her consultant along with notes of the symptoms she was having. Andrea now carries the device with her 24/7 as it is permanently fixed to her phone.

One afternoon Andrea and her father, John, went for a walk, something they do on a regular basis. After walking up an incline, John experienced symptoms he had not felt before and left him feeling dizzy, confused and with an impending sense of doom. Knowing these symptoms were not 'normal', Andrea suggested that John use the AliveCor Kardia to record his heart rhythm and rate.



As soon as the 30 second reading was complete the message immediately flagged up in orange, **'Possible Atrial Fibrillation. This result is not a diagnosis only a possible finding. We recommend sending this recording in for analysis or sharing it with a medical professional.'**

They immediately knew this was not something to be ignored and to go straight to A&E. John at first was reluctant as he had felt something similar previously, but after looking at the reading, he agreed to get checked.

Upon arrival at the A&E department John was seen immediately. He was monitored overnight and various tests were carried out. After looking over the results, the doctor confirmed John had atrial fibrillation (AF). The doctor prescribed John an anticoagulant drug that helps to prevent blood from clotting and reduce the increased risk of an AF-related stroke; he also received treatment for his AF.

Andrea suggested to her father it would be fantastic if he too had an AliveCor Kardia device so he could regularly monitor his heart rhythm, John immediately ordered the device through Arrhythmia Alliance. Since having the device John has been checking his ECG on a regular basis. This has given him reassurance and is proving to be very helpful as he can save the readings and take them with him when he goes for his check ups.

Andrea expressed her thoughts on checking your pulse or taking a mobile ECG reading on a regular basis, "It is a brilliant idea!, you can be fit and healthy but when you have symptoms out of the blue, this device offers great reassurance. In my case I was able to use it to help my father. It also allows you to monitor over time any changes in your ECG and share any concerns or questions with your GP or consultant."

Atrial Fibrillation (AF)

The most common arrhythmia or heart rhythm disorder is Atrial Fibrillation (AF). When a person has AF, electrical signals in the atria are fired in a very fast and uncontrolled manner. These signals arrive in the ventricles in a completely uneven fashion, so the heart beat is completely irregular. AF is a leading cause of AF-related strokes. Once diagnosed, the individual's stroke risk should be calculated and if found to be significant, the patient should be given anticoagulation therapy to reduce the risk of an AF-related stroke along with treatment to improve the heart rhythm disorder. More information can be found on AF at www.atrialfibrillation.org.uk.



About the AliveCor Kardia



The AliveCor Kardia ECG is powered by the free AliveCor Kardia app which runs on compatible smartphones or tablets. Smaller than a credit card, AliveCor Kardia allows you to record medical-grade ECGs to show your heart rhythm and heart rate in just 30-seconds from anywhere and at anytime. AliveCor Kardia is the most clinically-validated mobile ECG available and is approved by NICE (National Institute for Health and Clinical Excellence). The app-based service enables you to proactively care for the health of your heart.

Peace of mind

You can capture reliable heart activity data instantly through the ECG, confirming whether your heart rhythm is normal or, if AF is detected, you can then relay it to your doctor to inform your diagnosis and treatment plan.

If you would like to learn more about AliveCor Kardia, have a question regarding a diagnosis you have recently received or symptoms you have recently experienced, please visit our website, www.heartrhythmcharity.org.uk or AF Association's website – www.atrialfibrillation.org.uk Alternatively contact our Patient Services team: info@heartrhythmcharity.org.uk or 01789 867501.