ATRIAL FIBRILATION
BARRY PRATER’S JOURNEY

AFib Feels Like...
...DRUMS POUNDING IN MY CHEST.
...THUNDER RUMBLING IN MY CHEST.
...FISH FLOPPING IN MY CHEST.
AF FACTS

• One in 4 people will develop AF, a common heart rhythm disorder

• Every 15 seconds someone suffers an AF-related stroke. AF is the most powerful single risk factor for suffering a deadly or debilitating stroke

• AF can be detected cheaply and easily with simple manual pulse checks

• Treatment with an anticoagulant is vital to reduce the risk of stroke
BEFORE AF
LIFE IS GREAT!
EASTER SUNDAY AT THE GYM 2012

• SYMPTOMS BEGIN!
TUESDAY AFTER EASTER 2012

• FEELING UNWELL

• VISIT CHEMIST & GP
1ST ECG APRIL 2012
CARDIOLOGIST REFERRAL AND ACTION
WHAT IS HAPPENING TO ME?

• SELF EVALUATION
RETURN FROM SURGERY

• STENTS
• CARDIO REHAB
• FEELING GREAT?
EMERGENCY TRIP TO MELBOURNE
SITUATION WORSENS

- HIGH/LOW PULSE RATE
- CCU
- PACEMAKER INSERT
ERRATIC PULSE CONTINUES

• ED VISITS

• CARING WORKPLACE
SLEEP APNOEAN

- DRIVING
- NO ENERGY ON WAKING
- AF
SICK OF HAVING AF!

- LIMITED ACTIVITIES
- WIFE HAS ANSWERS
NEXT CHALLENGE

T.I.A. AND STROKE

CALL 000 IMMEDIATELY
AF DEC 2013
HELP AND SUPPORT

• PATIENT INFORMATION
• ’HEALTHUNLOCKED’ HAS A FORUM FOR THOSE WHO HAVE AF. IT IS CONNECTED TO THE AF ASSOCIATION IN THE UK.
  • https://healthunlocked.com/afassociation

The AF Association is an international charity which provides information, support and access to established, new or innovative treatments for Atrial Fibrillation (AF)
• Arhythmia Alliance Australia
• http://www.aa-international.org/au/home
HELP AND SUPPORT (CONT)

• FOR PACEMAKER SUPPORT I USE THIS AS WELL TO LEARN ABOUT OTHERS WITH THE SAME CHALLENGE
  • http://www.pacemakerclub.com/public/jpage/1/p/Home/content.do
• ANOTHER SITE I USE IS ‘STOPAFIB.’ THIS SIGHT IS IN THE USA WITH LOTS OF INFO INCLUDING VIDEO’S ETC.
  http://www.stopafib.org/newsitem.cfm/NEWSID/277/
HOW DO I COPE?

- I practice meditation and qigong.
- **I talk to someone.**
- I acknowledge and accept what has happened.
- I use online forums.
- I follow advice by medicos.
- I share my knowledge with those who are interested.
OVERALL

• COMPLETE LIFESTYLE CHANGE
• I AM GRATEFUL TO BE ALIVE
• I AM GRATEFUL FOR THE MEDICAL PROFESSION AND THOSE WHO SUPPORT IT!
• AF IS A JOURNEY
• I WILL ALWAYS HAVE IT
• IT AFFECTS EVERYONE AROUND YOU
  • OUR BODY WILL TALK TO US....BE AWARE AND TAKE ACTION IMMEDIATELY!
FEELING BETTER NOW!
THANKYOU
FOR LISTENING