



September Yelm Family Medicine Patient Newsletter



COMMITTED TO YOUR HEALTH AND OUR COMMUNITY

IN THIS ISSUE

National Atrial Fibrillation Awareness Month

AFib Feels Like...



**...DRUMS
POUNDING**
IN MY CHEST.



**...THUNDER
RUMBLING**
IN MY CHEST.



**...FISH
FLOPPING**
IN MY CHEST.

Atrial Fibrillation also known as A-Fib or AF -- is the most common arrhythmia. It affects more than 2.5 million American adults and 4.5 million people living in the European Union, and accounts for approximately one-third of hospitalizations for cardiac rhythm disturbances.

It is characterized by a rapid and irregular heartbeat caused when the top chambers of the heart (the atria) quiver (fibrillate) erratically, sometimes faster than 200 times per minute.

The condition can have a significant negative impact on an individual's quality of life, causing heart Palpitations, chronic fatigue, debilitating pain and can increase the risk of stroke fivefold.

The Heart Rhythm Society (HRS) and National Stroke Association, in collaboration with Boehringer Ingelheim (BI), fielded an Atrial Fibrillation - Impact of Stroke Survey in May of 2014 to physicians, atrial fibrillation (A-Fib) patients and caregivers. The purpose

**Yelm Family Medicine will
Be closed Monday
September 5th in honor of
Labor Day.**



Don't forget to attend the **Washington State Fair** in Puyallup. They have extended the time frame of the fair. It now goes From September 2nd through the 25th and closed every Tuesday during the fair. Visit the link below for further details.
<http://www.thefair.com/state-fair>

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of the survey was to measure awareness about A-Fib and stroke, determine baseline understanding of risk factors, and identify barriers to communication between patients/caregivers and providers. [Learn more about the results and next steps.](#)

A-Fib Awareness Promotional Items

"A-Fib Feels Like"

Tabletop Posters — reproduce these 8½" x 11" sheets for use as flyers to be distributed at health fairs or other community events, or request high-resolution files for placement in your institution's newsletters or other communications. Available for [download](#).

Guide to Atrial Fibrillation

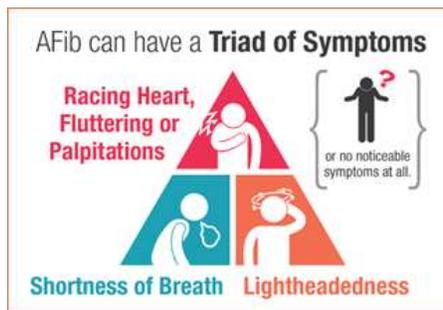
This 20 page brochure includes simple, straightforward descriptions and color illustrations that explain the disease state and treatment options. The brochure underscores the risk of stroke associated with A-Fib and elaborates on stroke symptoms and risk reduction strategies. Available for [download](#).

AFibRisk.org

The [A-Fib Risk Assessment](#) is an interactive tool designed to help

individuals estimate their risk of atrial fibrillation (A-Fib). Many individuals living with A-Fib have no symptoms and are unaware of their condition until they are suffering from complications, which may require emergency treatment.

Learn your risk by using this online tool! It's fast and easy simply answers a few questions regarding your health and gets your results. After you have finished using the [A-Fib Risk Assessment](#), please consult with your physician regarding your results.



Labor Day: What it means

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country. Beginning in the late 19th century, as the [trade union](#) and [labor movements](#) grew, trade unionists proposed that a day be set aside to celebrate labor. "Labor Day" was promoted by the [Central Labor Union](#) and the [Knights of Labor](#), which organized the first parade in [New York City](#).

In 1887, [Oregon](#) was the first state of the United States to make it an official [public holiday](#). By the time it became an official [federal holiday](#) in 1894, thirty [U.S. states](#) officially celebrated Labor Day.